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## MADE IN AUSTRALIA

Our best homegrown ingredients, chefs & destinations

## DINNER HACKS

10 speedy recipes using pantry staples

## MUST-TRY DISHES

Clever no-carb pasta & paleo Snickers bar

## COAST TO COAST

Foodie trails from Byron Bay to the Mornington Peninsula



DREAMY DESSERT  
Strawberry, ginger  
& honey pie with  
golden spelt crust

# perfect PIE

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**PETER GILMORE** *Strawberries & cream*  
**VALLI LITTLE** *Australia's best roast chicken*  
**MATT MORAN** *Easy beef short ribs*

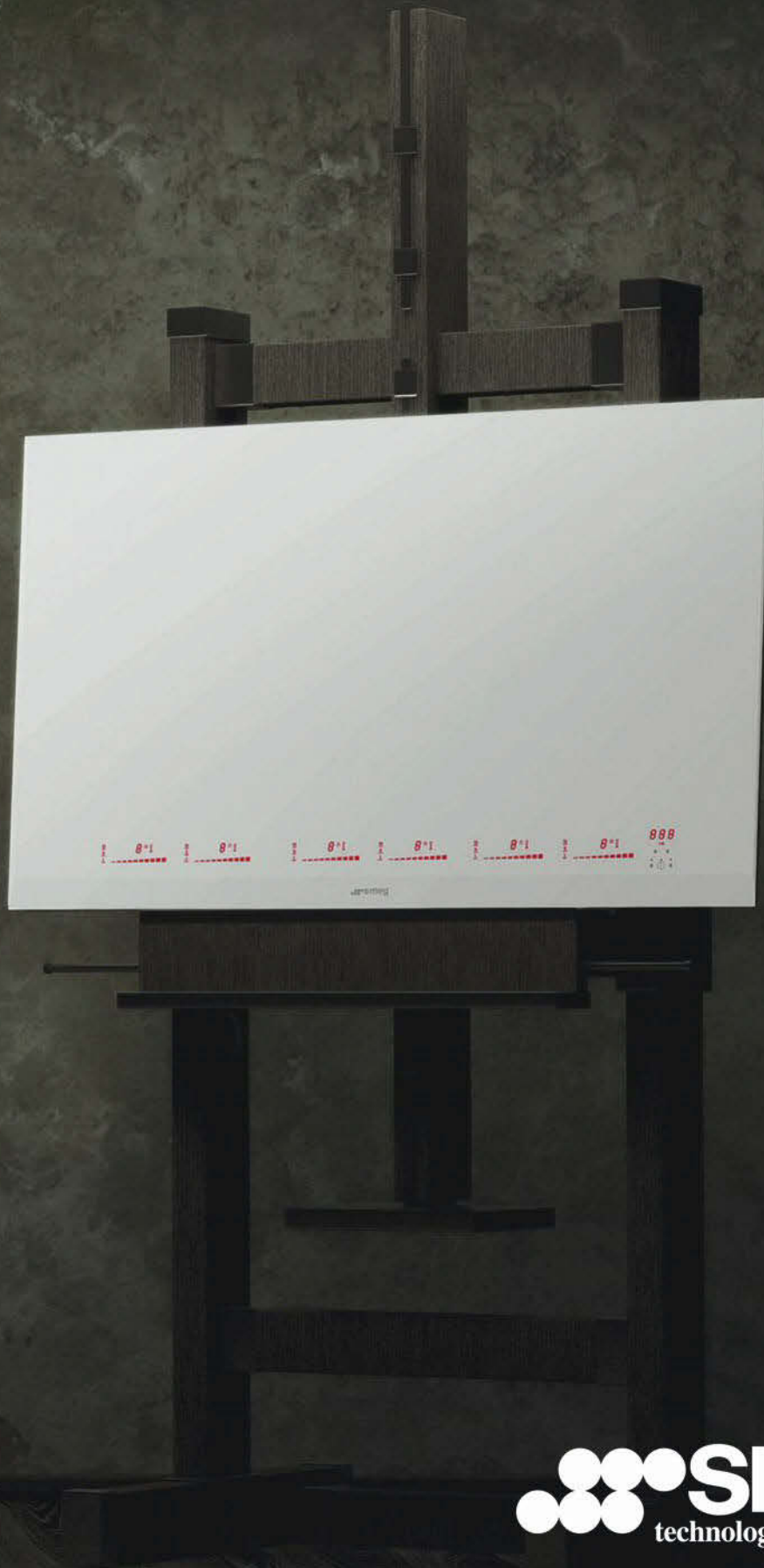


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## ON THE COVER

Strawberry, ginger & honey pie with golden spelt crust (recipe p 34)

**Recipe** Phoebe Wood

**Photography** Brett Stevens

**Styling** Kirsten Jenkins



# FOR SHANNON BENNETT, A MIELE STEAM OVEN IS NOT AN OPTION...



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# welcome



## THIS MONTH WE CELEBRATE

a special milestone – 10 years of the *delicious*. Produce Awards. *Delicious* has long championed the best Australian produce and the people behind it, and we're proud to present the winners for 2015 in this issue. Our national judging panel has decided on the country's top offerings from the sea, dairy, paddock and earth (p 19), along with great ideas on how to cook with the winning produce (p 82). In fact this entire issue celebrates our vast country, from the first glimpse of Peter Gilmore's anticipated new venue, Bennelong, and dishes to match; Matt Moran's fresh and easy entertaining menu; and Jill Dupleix's clever recipes designed to reduce kitchen waste (her pasta that's not pasta is genius!). We've included a guide to Victoria's spectacular Mornington Peninsula, rounded up Aussie chefs and entrepreneurs changing the way we eat and drink, and visited 100 Mile Table Cooking School in Byron Bay for a foodie escape. I know you will feel just as inspired by Australian fare as we do!

*Kerrie*

Kerrie McCallum, Editor-in-chief



@kerriemccallum



@kerrie\_mccallum



## SAVOUR

Enjoy our new column with Colin Fassnidge and top butcher Anthony Puharich, who sets the chef a recipe challenge every month, p 74.



## SPEEDY

Warren Mendes' line up of 10 easy mid-week dinners is clever and original. No one will ever guess these big-flavoured dishes were a snap, p 110.



## HEALTH

Introducing our regular feature Balancing Act – Shannon Harley's healthy recipes that taste great. Try her irresistible paleo Snickers bar, p 94.





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BEST BRUNCH

Buckwheat pancakes  
with roasted  
rhubarb & grapes

## DECADENT BRUNCH

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*Stone Pine Distillery Finger Lime  
Vodka Bloody Mary*

Buckwheat pancakes with roasted  
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Sparkling Shiraz*

French toast with cinnamon  
sugar pangrattato, p 106  
*Amaro Montenegro Spritz*



*"Who doesn't like  
up-scaling breakfast?  
It's one of the great  
times to match fun  
drinks and light, fresh,  
easy drinking wine  
styles."* Mike Bennie,  
drinks writer

## LIGHTEN-UP DINNER PARTY

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Spiced salmon with coconut  
& cashew cauliflower rice, p 93

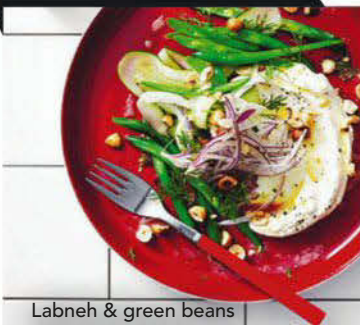
Paleo Snickers bars, p 94



*"Surprise your guests  
with this nourishing  
dinner party that  
finishes strongly with a  
healthy Snickers bar."*

Phoebe Wood,  
senior food editor

## HEALTHY EATING



Labneh & green beans  
with whey dressing

Corn fritters with chutney



INDULGENT VEG

## VEGETARIAN COMFORT

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*2013 Cornelissen 'Contadino' IGT  
Terre Siciliane Rosso*

Strawberry, ginger & honey pie  
with golden spelt crust, p 34  
*2013 Hermann J. Weimer Late  
Harvest Riesling*



*"Comfort food doesn't  
need to be boring, and  
neither do the wine  
pairings. Each of these  
come from a unique  
terroir and are made  
by boundary-pushing  
innovators."* Matt  
Swieboda, sommelier  
Love Tilly Devine and  
Waterman's Lobster Co.



COMING UP.

# this month... @deliciousAUS

Stay connected @deliciousAUS this month for extra content and an exclusive look behind-the-scenes, plated up daily of course!

## BEHIND THE SCENES



**FROM LEFT:** awards patron Maggie Beer, national judges Shannon Bennett, and Matt Moran, *delicious*. Editor-in-Chief Kerrie McCallum, national judge Guillaume Brahimi, expert panellist Simon Johnson and Valli Little, and national judges Alla Wolf-Tasker and Christine Manfield.

## PRODUCE AWARDS 2015

JOIN US AS WE CELEBRATE THE 10TH ANNIVERSARY OF THE *DELICIOUS*. PRODUCE AWARDS. WE'LL BE SHARING THE LATEST PHOTOS AND VIDEOS USING #PRODUCEAWARDS FROM THE AWARDS EVENT AT PETER GILMORE'S NEW BENNELONG RESTAURANT AT SYDNEY OPERA HOUSE. PLUS, SEE WHAT THE JUDGES GOT UP TO DURING TWO DAYS OF NATIONAL JUDGING, WHERE THEY TASTED THE BEST PRODUCE FROM AROUND THE COUNTRY. FIND THE EXCLUSIVE VIDEO @DELICIOUSAUS.



## DARREN TAKES OVER

For our special 150th celebration dinner at Quay, Darren Purchase from @burchpurchase wowed us with a specially created *delicious*. chocolate bar complete with silver popping candy. This month, get prepared for a serious sugar high as @burchpurchase takes over the @deliciousAUS Instagram and shares some of his latest dessert creations. Follow along on August 19, as Darren posts every hour, on the hour.

## THE ART OF PLATING

*Ever wanted to know how to plate like the pros? We were lucky enough to capture master chef Peter Gilmore at work plating his Hand Picked masterpieces, p 37. Download the App to see all the magic.*



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# @delicious

## INSTA OF THE MONTH #makeitdelicious



*Happy 150 issues  
@delicious!  
Thanks for all  
the great treats!  
#makeitdelicious  
#cooking  
#milestone  
#delicious150  
@chefmattmoran*

## FOLLOW US...



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## f *b'stilla got it* I made Matt

Wilkinson's pumpkin b'stilla with beetroot & yoghurt sauce (July 15, p 98) on Saturday for a good friend who appreciates good food. Absolutely fantastic and the beetroot yoghurt is a perfect accompaniment, even my husband described it as damn good! **Carmel Mitchell**

## *it's a keeper*

150 issues and I've never missed a single one, congratulations *delicious*!

**Pat Hamilton-Smith**

## 📷 *#inspiration*

The Vin Santo & pear chocolate nemesis tart (Jamie Oliver, July 15, p 116) looks so good! I wonder if Jamie was inspired by the nemesis chocolate cake invented at The River Cafe where he trained? I've had it there, it was the best dessert ever. One of my favourite restaurants in London. **@priortina**

**ED'S NOTE:** You can find *The River Cafe* version in our Dec/Jan 2002 issue (p 112).

## AND THE WINNER IS...

Thanks for the past 150 issues, I can't wait to cook some of the recipes out of the next 150 issues. I think *delicious* magazine is such a great gift idea to give to novice cooks, part-time entertainers and the regular dinner party throwers – there's a recipe for everybody.

**Leanne Jennings, via Facebook**

**ED'S NOTE:** Congratulations, Leanne!

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# EVENT.



1. Wine pairings from Shaw + Smith and Champagne by Charles Heidsieck. 2. *delicious.* and Quay lit up Sydney Harbour 3. Group Food Publisher Fiona Nilsson, Editor-in-Chief Kerrie McCallum and Senior Editor Matt Preston. 4. Raw beetroot with rosehip, cultured cream, Manjimup truffle and violet. 5. Tim Draxl and Darren Jahn. 6. Contributor Silvia Colloca with husband Richard Roxburgh. 7. Dinner was hosted at Sydney's iconic Quay restaurant. 8. My Violet designed the floral arrangements. 9. Commercial Director Sev Celik, Barbara Messit and Anna Vuong. 10. Flinders Island lamb with native coastal greens, hatsuka radish, eggplant, capers and smoked oyster crackling. 11. Martin and Mia Thompson. 12. Matt Preston and Anne-Maree Gale. 13. Darren Jahn and Richard Roxburgh. 14. Plating up dessert. 15. Chef Peter Gilmore. 16. NewsCorp Australia C.O.O. Peter Tonagh, John Fink and Heidi Tonagh. 17. Adam Wadewitz and Dan Coward from Shaw + Smith.





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Tag yourself and your friends at  
our events using #makeitdelicious



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# CELEBRATING 150 ISSUES *at Quay, Sydney*

Sydney's stunning Quay restaurant was the ultimate birthday party setting to celebrate our 150th issue in style. The occasion brought loyal readers together with long-time contributors, chefs and supporters to celebrate the history, and to toast to the future, of *delicious*. Charles Heidsieck Champagne got the party started, before a first course of Manjimup truffles, raw beetroot and cultured cream. "It was great to have our readers there," said Editor-in-Chief Kerrie McCallum. "They've been with us the whole way, and they loved meeting Matt Preston and Silvia Colloca." Chef Peter Gilmore's menu included a textural 'surf 'n' turf' of pig jowl with scallop, followed by Flinders Island saltgrass lamb with native greens and smoked oyster crackling for that savoury hit, all paired with wines by Adelaide's Shaw + Smith. Matt Preston took the mic to recall some fond memories of his early days at *delicious*. before Peter's layered and textured white-on-white-on-white dessert of pear and feijoa lit up the whole room. "We celebrated our 100th issue at Quay," said Kerrie. "So we loved coming back to celebrate our 150th with them. We look forward to a sparkling future for the both of us."

PHOTOGRAPHY AMANDA McLAUCHLAN



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EVENT.





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1



2



4



5



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7



8



9

1. Sunset concert and dinner at View on Little Hastings. 2. Matt Preston with the Walker family. 3. Martin Boetz with *delicious* Editor-in-chief Kerrie McCallum. 4. *delicious* Senior Editor Matt Preston at the Hinterland Trail at Walker Farm Foods. 5. Asahi Beach BBQ. 6. Yellowfin tuna sashimi at the De Brett Seafood Trail. 7. Seafood Lunch on Noosa Main Beach. 8. Guests wriggled their toes in the sand at the Asahi Beach BBQ. 9. Westpac Premier International Degustation at Berardo's Restaurant and Bar with chef Colin Fassnidge.

# NOOSA INTERNATIONAL *food & wine festival*

This much-anticipated annual food festival didn't disappoint, with four days of great food, produce, wine and wonderful events. We kicked off on Thursday with an Asian Spice Trail at Tim Warren's Garnisha Spice Farm, with cocktails by Shane Johnson from Berardo's and a spicy banquet with chefs Mark Jensen, Prin Polsuk, Rory Thorpe, Shane Watson and Victor Liong. Next up was the Hinterland Trail, hosted by Matt Preston, and lunch at Walker Farm Foods with Martin Duncan, Martin Boetz, Alex Herbert and Cameron Matthews. On Saturday, readers joined us for our Produce Awards shared table lunch, where chefs David Moyle, Jake Nicolson, Alex Herbert, Martin Boetz and Valli Little cooked dishes using previous winners and finalists, and not even the rain could dampen our spirits! ✂



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PRODUCE AWARDS.

# and the WINNERS ARE...

This year we have more than one reason to party as we announce the 2015 winners and celebrate 10 years of the *delicious*. Produce Awards supporting and growing Australia's food industry.

WORDS SHANNON HARLEY & DAVID MATTHEWS PORTRAIT PHOTOGRAPHY DAMIAN BENNETT  
PORTRAIT STYLING LUCY TWEED & JANE FROSH FOOD PHOTOGRAPHY PETRINA TINSLAY FOOD STYLING DAVID MORGAN





## PRODUCE AWARDS.



*"Being an ambassador for Australian produce is something that I take great pride in, because without great produce you can't have great food."* SHANNON BENNETT

Pull out the party hats and light the birthday candles – it's time to celebrate ten years of the *delicious*. Produce Awards! It's been a decade of unearthing some of Australia's most innovative produce and celebrating the growers, farmers, chefs, farmers' markets and food stores that all play their part in bringing it to our tables and driving our industry forward. This year's winners are innovating in a way that focuses on regular everyday products (chicken, cheddar and milk) done really, really well, with a few new products thrown in the mix. "We're so lucky in this country, every year we have more new products, and return entrants are just getting better and better," says national judge Matt Moran. "We are the lucky country when it comes to produce." Fellow judge Guillaume Brahimi agrees: "We all live in different states but we have got one thing in common and that is a

passion for discovering the great produce in Australia."

The *delicious*. food team, joined by NSW state judge Alex Herbert and Spicers Retreats Executive Chef Cameron Matthews, were in the kitchen from 6am until 8pm over the two days of national judging, preparing the food from 140 finalists for the judges to rate. "It's frantic leading up to judging," says *delicious*. Food Editor Warren Mendes (who shares his recipe ideas for cooking with the winners in this story). "We firstly call in all the produce from all over Australia, have it sent to Sydney, obviously at temperature, where it has to be picked up, sometimes from the airport, and stored before we cook it for the judges."

With all that consumption you wouldn't expect health to be a key topic around the table, but Awards Patron Maggie Beer shone a different light on the H-word.

"To me, health is a byproduct of sustainable farming, ethical practices and the breed of animal or plant – it's what should happen with beautiful, natural food." Christine puts flavour first, focusing on quality over labels: "I would rather eat less of something and have the best quality; I think that's more important than searching for foods labeled 'healthy'."

So as we wave good-bye to our judges after another successful year, the buzz still lingers. "I love the constant surprises you get; the more we encourage people, the more fantastic experiences we have around the judging table," says Maggie with her trademark beaming smile. "This is what it's about: encouraging small and medium producers to be benchmarked. It does so much for the Australian food scene, it's so exciting and it's one of the best things that's ever happened." We wholeheartedly agree.





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**CLOCKWISE (from far left):** preparing lamb racks for the judges; judging takes place over two days; sipping olive oil; the judges make their notes; Guillaume examines a Sommerlad bird; judging the artisan section from the dairy; Shannon Bennett marks down his scores; Awards Patron Maggie Beer and Matt Moran discuss the chicken.





## PRODUCE AWARDS.

# from the sea

## WINNER PRIMARY CATEGORY

### AUSTRAL FISHERIES, SKULL ISLAND TIGER PRAWNS, NT

National judge Shannon Bennett has too often seen Australians disregard unique local seafood. "The species we cook with in commercial kitchens is so limited in terms of availability. Going out to sea with commercial fisherman, I've seen amazing species that I've never used before. And we export them!" Thankfully, one of Australia's best kept secrets, the oversized Skull Island tiger prawn, is now making its way onto our tables. Found among the verdant seagrass off Skull Island in the Gulf of Carpentaria, Austral Fisheries is one of a limited number of suppliers with access to this MSC-certified sustainable prawn, and work to catch it sustainably, then deliver it in the best condition possible. [australfisheries.com.au](http://australfisheries.com.au)

Dave Carter from  
Austral Fisheries



## MEDALLISTS

Austral Fisheries, Glacier 51 toothfish (WA); Clean Seas, Hiramasa yellowtail kingfish (SA); Kinkawooka Shellfish, Petit Bouchot mussels (SA); Marine Produce Australia, Cone Bay ocean barramundi (WA); Natural Oysters, Angasi oysters (SA); Pacific Reef Fisheries, North Queensland cobia (Qld); Shark Bay Seafoods, Amaebi prawns (WA); Tathra Oysters, Bistro grade oysters (NSW); Walker Seafoods Australia, Line-caught swordfish (Qld).

## RECIPE IDEAS

- These Skull Island tiger prawns are naturally sweet and should be cooked simply so as to not overshadow their unique flavour. Try the prawns cooked whole in a frypan over high heat, adding plenty of butter to generously coat and add lustre, and chopped fresh chilli for that little bit of heat.
- Butterfly these prawns by carefully running a knife along their bellies, leaving them connected at the back, and then fan them open, removing the intestinal tract. Brush with oil, sprinkle with herbs and garlic and cook, shell-down, on a hot bbq. Use a fork to pull the meat from the shell and serve with a squeeze of lemon or lime juice.

*"It's incredibly important that consumers have the chance to taste products at restaurants, where it can be showcased, which in turn can create a demand for home."*

CHRISTINE MANFIELD





## WINNER ARTISAN CATEGORY

### YARRA VALLEY CAVIAR, HAND-MILKED SALMON CAVIAR, VIC

"There's been an extraordinary growth in the small artisan variety of produce that's available in Australia," says national judge Alla Wolf-Tasker. Not only are Yarra Valley Caviar producing a high-quality, artisanal product, their commitment to sustainable and ethical aquaculture sets them apart.

Alla emphasises that these factors play a strong part in judgement. "They are rated against a benchmark of principles: under what principles do they farm, what do they feed their animals or their fish?"

Naturally farmed in a free-flowing offshoot of the freshwater Rubicon River, the fish are hand-milked annually and returned to the ponds, the roe is then brined, cleaned and sorted entirely by hand. The result is a brilliant orange salmon caviar that pops in the mouth.

[yarravalleycaviar.com.au](http://yarravalleycaviar.com.au)

#### MEDALLISTS

Brilliant Food, Smoked ocean trout (NSW); Salumi Australia, Bottarga (NSW); Yarra Valley Caviar, Hand-milked brook trout caviar (Vic).



Nicholas Gorman from  
Yarra Valley Caviar

#### RECIPE IDEAS

- This roe not only looks beautiful, but is bright and plump with a mild, salty-sweet flavour. Use it to provide a fresh flavour burst on top of dill and avocado crostini, for an easy, yet impressive canape.
- Try tossing the roe through a pasta with a creamy Dijon and sour cream sauce and flaked smoked trout. The popping jewels make a great contrast to the richness of the sauce and embellish it with colour and flair.
- Keeping a jar of Yarra Valley Caviar in the fridge means no more boring salads. Simply roast a couple of salmon fillets, flake over a simply dressed green salad and top with the orange pearls. Drizzle over a lemon creme fraiche dressing to complement the flavours of the roe with creamy sharpness.

*"It's a pleasure to see suppliers becoming more dedicated to best principles in terms of sustainability and how they produce their food."*

ALLA WOLF-TASKER





## PRODUCE AWARDS.

# from the earth

## WINNER PRIMARY CATEGORY

### KURRAWONG ORGANICS, ORGANIC BEETROOT AND ORGANIC BROCCOLI, NSW

Organic farmers the Bland family started off growing Brussels sprouts in the 1930s, moved on to specialise in all brassicas, then branched into organics, a move that has led them to winning the Earth primary category. Their broccoli literally stopped conversation at the national judging days as the judges all went back for seconds. And their beetroot? "We were all blown away. I have my own organic vegie garden and I grow beetroot, but I have never tasted beetroot like this," says Awards Patron Maggie Beer. "Kurrawong Organics are artists."

The Blands practice rotation farming using organic methods, producing nutrient-rich fruit and vegetables packed full of flavour. You'll find their produce at Sydney's Eveleigh and Taylor Square farmers' markets, and gracing top restaurant tables. (02) 6337 5331; read more in this month's Innovator (p 60).

*"To be a chef and a gardener, being able to see the improving level of produce coming from all over Australia in my lifetime is just amazing."*

ALLA WOLF-TASKER

## MEDALLISTS

Angelica Organic Farm, Organic Turban-style Rocambole garlic (Vic); Barham Avocados, Reed avocados (Vic); Burnside Organic Farm, Organic capers (WA); Burrum Biodynamics, Biodynamic soup mix (Vic); Glasshouse Gourmet Snails, Fresh live snails (Qld); Highland Gourmet Potatoes, Various potato varieties (NSW); Kindred Organics, Organic wholemeal buckwheat flour (Tas); Moonacres Farm, Organic rhubarb (NSW).

## RECIPE IDEAS

- Forget meat in your Sunday lunch and drizzle whole broccoli heads with olive oil, season, then roast until the stalks are juicy and the florets crisp. Finely grate over plenty of parmesan to serve.
- Try baking these beetroots whole in a salt crust. Once baked, rub off the skins and serve, they won't taste overly salty, it just protects and mildly seasons them during baking.



Lesley Bland from Kurrawong Organics





*"This product had an almost mousse-like texture and a very clean flavour with subtle floral aspects. Really stunning."*

DAVID MOYLE

## WINNER ARTISAN CATEGORY

### WELLINGTON APIARY, PRICKLY BOX HONEY, TAS

Wellington Apiary has bee hives around Hobart, at the foothills of Mount Wellington and in the Southern Wilderness to create a unique product. Owners Robin and Antonia O'Brien are creating a honey that reflects the native flora of Tasmania and that is specific to time and place. For example, the prickly box blooms with white flowers, rich in nectar, for only four weeks a year. "This product really stood out to me," says state judge David Moyle. "It had an almost mousse-like texture, and a very clean flavour with subtle floral aspects. Really stunning." Coarse-filtered and not heated during production, this raw honey retains its flavour and aroma, resulting in a product that's perfumed, fragrant and expressive of Tasmania at its finest. [wellingtonapiary.com](http://wellingtonapiary.com)

### MEDALLISTS

ALTO Olives, Misto table olives (NSW); Hazelbrae Hazelnuts, Roasted hazelnuts (Tas); Murray River Gourmet Salt, Pink salt flakes (Vic).



Apiarist Nicholas Graham with  
Wellington Apiary owner Robin O'Brien



## RECIPE IDEAS

- This honey is not overly sweet and has a rich, creamy texture that works well in desserts. Stir a generous amount through ricotta with orange zest and roasted hazelnuts, then bake until golden and firm for a luscious winter dessert. Serve with orange slices.
- Honey and lamb are a match made in heaven, so go ahead and glaze your next roast lamb with prickly box honey to give it a caramelised sheen and herbaceous, aromatic undertones. Serve alongside some Vichy carrots – blanched carrots finished in the pan with a little butter and more honey, to up the wow-factor.
- Try infusing a jar of honey with your favourite herbs (rosemary and thyme sprigs, and fennel fronds will work well) to complement its natural floral characteristics. Then drizzle the herb-infused honey over pan-fried haloumi or feta for an Australian take on Greek saganaki (fried cheese).





Bruce & Roz Burton  
from Milking Yard Farm



*"You need the connection to the produce. It starts when you look at something and you like it, you're going to say, 'I can't wait to roll up my sleeves and cook it'."*

GUILLAUME BRAHIMI

#### MEDALLISTS

Burrawong Gaian, Pasture-raised chemical-free poussin (NSW); Melanda Park, Free-range suckling pig (NSW); Mirrool Creek Lamb, Mirrool Creek lamb (NSW); Papanui Open Range Eggs, Papanui open-range eggs (NSW); Saskia Beer's Farm Produce, Saskia Beer's Free Range Barossa Chook (SA); SchuAm Pork, Berkshire pork (SA); Sher Wagyu, Black Label F1 ribeye (Vic).

## from the paddock

### WINNER PRIMARY CATEGORY

#### MILKING YARD FARM, SOMMERLAD BREED WHOLE CHICKEN, VIC

Sometimes, bigger is better, and sometimes, the produce is just so good that it makes our judges jobs easy. Let's talk chicken. "We look at the flesh, we look at the presentation as raw produce as a whole animal, we will smell it, touch it, we will see the element of fat inside the body, and the next step will be the cooking of it – how does it taste and the flavour of it, because at the end of it that's what it's all about, flavour and taste," says Guillaume Brahimi. Reminiscent of the famous Bresse and Label Rouge chickens in France, this Sommerlad chook stands out immediately for its size, but it's the depth of flavour and the texture that really sets it apart. Developed over 10 years by the Sommerlads, this chicken is a perfect fit for Milking Yard Farm, who adhere to organic principles, and make sure all their chickens are happy and stress-free, with plenty of room to do what chickens do. The result? One of Australia's best table birds. Guillaume should know. [milkingyardfarm.com.au](http://milkingyardfarm.com.au)

#### RECIPE IDEAS

- Sommerlad chickens are much larger than supermarket chickens, so you need to cook them quite differently. Take the time to brine the chicken for 1-2 days in water mixed with sugar, salt and bay leaf. This will help the flesh retain moisture during roasting. Also make sure you roast the chicken at a lower temperature than usual and check the cooking progress using a meat thermometer (this is key to a perfect roast chook).
- Make the ultimate chicken stock and soup by poaching a whole Sommerlad chicken. Remove the breasts from the carcass once cooked and continue cooking the legs and crown until tender.



## WINNER ARTISAN CATEGORY

### BACKFATTERS HERITAGE BREED FREE RANGE PIG FARM, GERMAN BACON, QLD

This naturally cured bacon travelled quite the distance to make it to Sydney for the national judging. After being loaded onto the wrong flight it went via airfreight to Melbourne and back, with a few stops in between, before finally arriving in Sydney. "We quipped that it had better be good when it finally arrived," says Produce Awards project manager Lucy Allon. Thankfully it more than delivered, but we didn't expect any differently as the streaky bacon – produced on a farm raising two rare-breed pig varieties, crisps up beautifully to bring out the sweet aromatics of the cure. A finalist in the previous two years, Backfatters' continued commitment to small-scale, transparent production methods, and happy pigs has culminated in a well-deserved award.

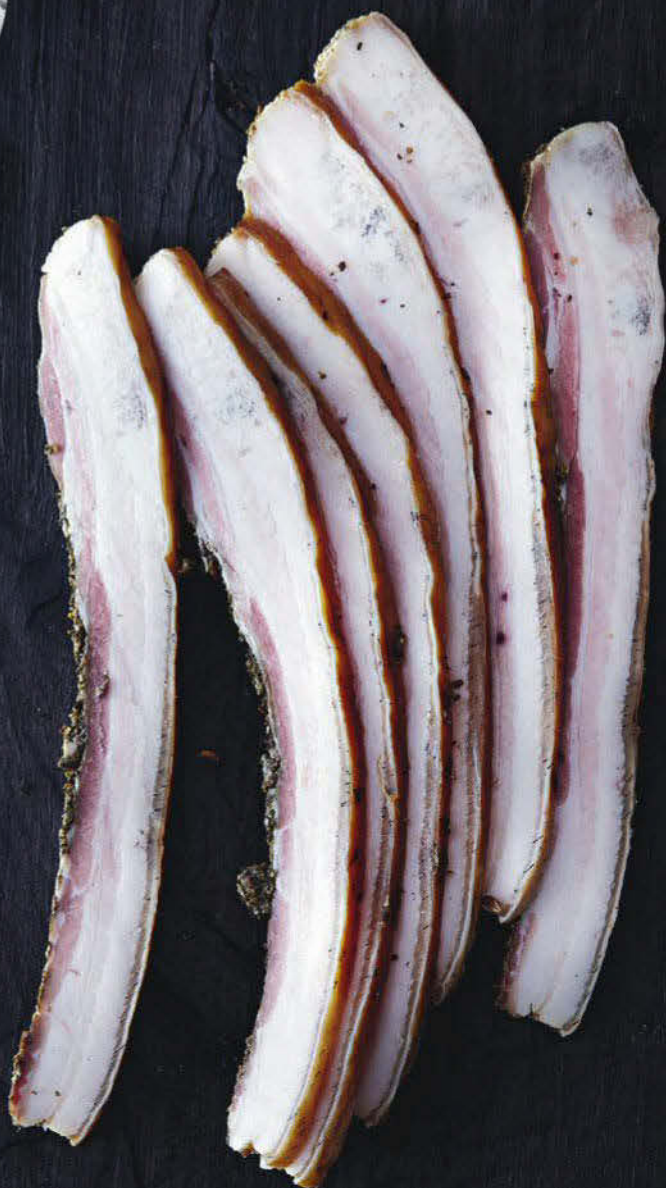
[backfatters.com](http://backfatters.com)



Shane Muller & Julia Powell  
from Backfatter Heritage Breed  
Free Range Pig Farm

### RECIPE IDEAS

- To make the best cassoulet, you have to use the best pork. Start your cassoulet with a generous amount of bacon and make it the hero of the dish. Any bacon is best started off in a cold pan and then heated to allow the fat to properly render and to extract the most flavour.
- This bacon has a depth of flavour making it perfect to use as a building block for stocks, soups and stews. Saute chopped bacon with onion, rosemary and garlic as a great kickstart to pea and ham soup or chicken casserole.
- For the ultimate burger use bacon in your mince mixture. Finely chop the bacon then pulse in a food processor so you can mix with your mince to form patties.



### MEDALLISTS

Greenvale Farm, Capocollo (Vic); Piper Street Food Company, Pork rillettes (Vic).

*"These free-range pigs are raised on chemical-free pastures. They are also treated to a diet of pumpkins, watermelons, pineapples and sugar cane by local farmers."*

LUCY ALLON



## PRODUCE AWARDS.

# from the dairy

## JOINT WINNERS PRIMARY CATEGORY

### SCHULZ ORGANIC DAIRY, ORGANIC FULL CREAM MILK, VIC

Real milk was a hot topic at this year's judging days. More specifically, that we should be supporting producers making real milk, hence this year's joint primary category winners. "The milk industry is growing and getting a much stronger representation every year. You taste the real thing, unhomogenised with that fat and milk separation, the flavour is just so different," says Christine Manfield. Schulz are making milk the old-fashioned way. They adhere to biodynamic, organic principles to make a truly special unhomogenised milk with a rich cream top. It's about going back to basics: tasting the farm, tasting the soil and the changing seasons – it's the closest thing to milk having terroir.

[schulzorganicfarms.com.au](http://schulzorganicfarms.com.au)

### MUNGALLI CREEK DAIRY, BIO-DYNAMIC ORGANIC FULL CREAM MILK, QLD

Mungalli Creek's milk is the result of traditional farming methods, biodynamic paddock rotation to feed the soil, create lush pasture and healthy cows – when you taste their milk, what you're really tasting is healthy soil. Creamy and rich, it's minimum-intervention milk, neither homogenised or standardised. Maggie Beer is just pleased to be exposing consumers to such great products: "The availability is what leads people to something special, but they have to know about it first and the Produce Awards talking about the superiority of real milk is one of those ways."

[mungallicreekdairy.com.au](http://mungallicreekdairy.com.au)



FROM TOP: Simon Schulz  
from Schulz Organic Dairy;  
Rob Watson from Mungalli Creek Dairy.

## MEDALLISTS

Drysdale Cheeses, Goat's milk yoghurt (Vic); The Butter Factory Myrtleford, Cultured buttermilk (Vic); The Fermentary, Milk kefir (Vic).

*"The flavour of real milk is so different. It comes through whether you are cooking cakes or biscuits or a custard or a pastry."*

CHRISTINE MANFIELD

## RECIPE IDEAS

- Both Schulz Organic Dairy and Mungalli Creek have produced milk that makes you want to go back for more. Infuse either of these ultra-creamy milks with vanilla to churn into the best vanilla ice cream. Alternatively, sweeten the milk with sugar syrup and freeze on trays, scraping every hour to form a creamy granita.
- Set milk in a saucepan over low heat with sugar and gently caramelise to form the sweet base for a milk cake, or set with eggs in a traditional milk tart.
- Use this flavourful milk to make your own ricotta. Find 100 Mile Table's recipe in this month's Cooking School feature (p 132).



## PRODUCER OF THE YEAR & WINNER ARTISAN CATEGORY

### PYENGANA DAIRY COMPANY, TASTY CHEDDAR (12+ MONTHS), TAS

This isn't the first time Pyengana Dairy has been awarded for their cheddar, but then, it's not the first time they've made it – the Healeys have been making cheese for over three generations.

Produced from milk from the cows grazing on their property in Pyengana, Tasmania, the cheese is carefully matured by natural means, turned and larded by hand and aged for 12 months or more. "I was really impressed," says Matt Moran. "It was 12 months old, had beautiful salt crystals throughout, beautiful flavour and texture. It's one of the best cheddars I've tasted for a long time." [pyenganadairy.com.au](http://pyenganadairy.com.au)

#### MEDALLISTS

Casa Motta, Buffalo mozzarella (Qld); Cedar Street Cheeserie, A Love Supreme (Qld); Locheilan Farmhouse Cheese, Locheilan Triple (Vic).

*"We have beautiful  
milk and grass in  
Australia, and we  
should be able to  
make great cheese."*

GUILLAUME BRAHIMI

#### RECIPE IDEAS

- This crumbly, aged and flavourful cheddar is best enjoyed simply, served on some good-quality crispbread with a chilled riesling or an ice cold beer and a slab of quince paste, or fresh slices of apple or pear for contrasting sweetness.
- Substitute cheddar for parmesan in the recipe for handmade gnocchi with mushrooms and truffle in this month's Australian Flavours story (p 126).
- Apple pie with a cheddar crust may not sound typical, but this American recipe works the salty/sweet dessert trend to perfection.
- A classic mac 'n' cheese can only be improved with great cheese. Add broccoli to the mix and grate cheddar over the top, then return to a very hot oven until blistered and bubbling.



Lyndall & Jon Healey from  
Pyengana Dairy Company





## PRODUCE AWARDS.



### BEST NEW PRODUCT (& DAIRY MEDALLIST)

#### THE FERMENTARY, MILK KEFIR, VIC

The Produce Awards has seen a lot of new products over their 10-year history, but few have made such an impact as this. "The only really off-the-wall product this year was the milk kefir. It was a breath of fresh air," says Christine Manfield, and rightly so, as this traditional fermented milk drink is something we don't usually see in Australia. Sharon Flynn (pictured, with business partner Roger Fowler), who started the company from her laundry, was originally inspired by US fermentation guru Sandor Katz. Now, The Fermentary offers a range of naturally fermented products including raw sauerkraut and kimchi along with their thick, creamy and acidic milk kefir. Use it to replace buttermilk – in a sourdough starter or in dressings. Maggie Beer sings its praises healthwise, too. "Fermentation is trendy, but it's trendy for good reason – because it's so good for us."

[thefermentary.com.au](http://thefermentary.com.au)

### MAGGIE BEER AWARD FOR OUTSTANDING CONTRIBUTION TO AUSTRALIAN FOOD

PRESENTED BY



#### PETER GILMORE, NSW

Not only is Peter Gilmore consistently one of the highest performers in international listings of the world's best restaurants with Quay, his commitment to working with suppliers in sourcing and developing the best Australian produce is unparalleled. This inspired Maggie Beer to award him this accolade for 2015: "I know a lot of chefs who we respect and give great kudos to who've done this, but Peter is absolutely a leader in it. It's not just in NSW, he goes right through to Victoria for his lamb and visits Willunga in South Australia where they grow the best almonds you'll ever taste." His drive and passion has inspired countless producers to continue innovating. "It's that detail. It's the fact that he works on the big picture, as well as the detail and the relationship with growers. It's a beautiful thing," says Maggie. [quay.com.au](http://quay.com.au)

### OUTSTANDING FARMERS' MARKET

#### SAGE FARMERS MARKET, MORUYA, NSW

Farmers' markets are the face of the local food movement in Australia, connecting those who care about how their food is produced, forging communities and providing a platform for smaller growers and farmers to showcase their produce. It's refreshing to have access to ingredients that are grown for flavour first in an age when big agribusiness controls much of our food network. All finalists in this category were past winners, but according to Lucy Allon, "SAGE won for its progressive outlook, community focus and constant innovation, which has made it a market many other market managers are looking to for ideas and inspiration." Examples of what sets it apart are its innovative online 'e-Market' connecting more people with local food, and its slot on Tuesday afternoons making it a weekday shopping destination. [sagefarmersmarket.org.au](http://sagefarmersmarket.org.au)





## OUTSTANDING REGIONAL CHEF

PRESENTED BY **Harvey Norman**

### JAMES VILES, BIOTA DINING, BOWRAL, NSW

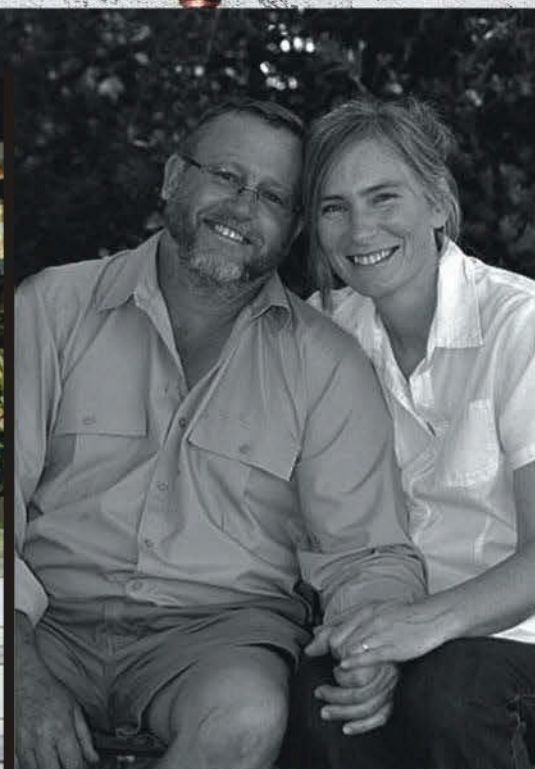
"James Viles' commitment to local produce and ingredients in his creative, delicious and occasionally wonderfully unconventional modern cuisine makes him the sort of trailblazer and local champion these awards were set up to lionise," says Matt Preston from the critics panel. Informed by the produce growing in the crisp air of NSW's Southern Highlands, James is cooking for his region: the restaurant supports both local farmers and growers, along with running its own kitchen garden, including a polytunnel for sprouts and microherbs, and the produce is treated with the utmost respect and skill in the kitchen – grains are hand-milled and cheese is made daily. James is the face of a movement in the region that has seen a return to local production and a focus on quality, and Biota demonstrates it at its best. [biotadining.com](http://biotadining.com)



## OUTSTANDING FOOD STORE

### SOURCED GROCER, BRISBANE, QLD

This converted warehouse – part cafe, part corner store – walks away with this award for its sustainability and community-minded outlook. "Sourced Grocer is an amazing community resource, with a foundation principle of ethically sourced produce, be it fruit, veg, grocery or meats," says critics panel member John Lethlean. "It's kind of ramshackle, kind of charming. Somehow, this foodie paradise morphs into a vibrant cafe-cum-meeting place into a dining space with seriously excellent food, all fuelled by the same commitment to sound agriculture and harvesting. The place is a joy, a celebration of food." Owners Jerome Batten and Louis Joseph (pictured) show what can be done with great produce, prepared simply. Go for avo smash on fresh sourdough, browse the selection of artisan produce and pick up a bouquet of fresh flowers. [sourcedgrocer.com.au](http://sourcedgrocer.com.au)



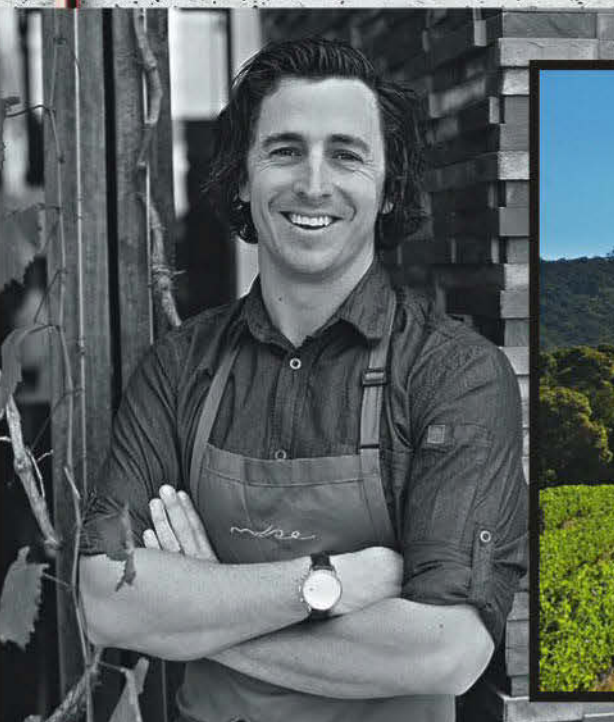
## OUTSTANDING INNOVATION

### SOMMERLADS POULTRY, NSW

"To my way of thinking, the Sommerlads have taken a massive step forward in Australian poultry," says John Lethlean. "They have bred a meat bird from foraging, traditional egg-laying species rather than the Cobb or Ross species that totally dominate the meat poultry landscape of Australia. These are birds that grow slowly, roam and eat grass, bugs and grubs rather than protein-heavy superfoods. The result is a bird that produces a superior carcass and flesh in every sense." Sommerlads Poultry are deserving winners of the innovation award for their dedication to a long-term breeding program that makes flavour its first priority. We congratulate Michael and Kathryn Sommerlad (pictured) who champion ethics and accountability, and who make sure that all their birds are going to good farms, such as Milking Yard Farm, which align with their own ideals. [sommerladspoultry.com.au](http://sommerladspoultry.com.au)



## PRODUCE AWARDS.



## UNEARTHED NEXT GEN CHEF

**TROY RHOADES-BROWN,  
MUSE RESTAURANT,  
HUNTER VALLEY, NSW**

As much as the Produce Awards is about celebrating producers, farmers and growers, it's equally important for us to recognise the crucial part that chefs play in presenting this produce to the consumer. Troy Rhoades-Brown defines the produce-driven chef, sourcing locally and growing his own. "It's easy to assume the culinary kings of our capitals are the ones carving a new path for our food culture, but Troy Rhoades-Brown has other ideas," says critics panel member Anthony Huckstep. "At his restaurant Muse, in the heart of the Hunter Valley, he's challenging our perceptions of country dining by cooking the produce of the region to an immaculate point of hesitation. His approach to cookery embodies the very ethos of the new wave of Australian cuisine, and as such, he may even help define Australian regional cuisine once and for all, if he hasn't already."

[musedining.com.au](http://musedining.com.au)

## OUTSTANDING REGION

**MARGARET RIVER, WA**

A region well-known for producing top-tier Australian wines, Margaret River takes out the award for outstanding region for its development of its food scene to stand as one of the best foodie destinations in the country. Matt Preston agrees: "It's a great culinary region that has that elusive combination of great local produce, great cooks, great restaurants and cafes, and great wines. Few pull off this quadrangle with such stellar aplomb as Margaret River." For a small region it's definitely punching above its weight, with cosy bars, small cafes, food trucks, local producers winemakers and farmers' markets all doing their thing. When these elements join forces the results are outstanding, too, such as at Wills Domain Winery & Restaurant, headed up by *delicious*. Next-Gen chef Seth James. Add in the rugged scenery against the backdrop of the ocean and Margaret River ticks all the boxes as a destination to be added to any aspiring foodie's list.

[margaretriver.com](http://margaretriver.com)

## HALL OF FAME

PRESENTED BY **YOU'RE BETTER  
ON BEEF**

**BLACKMORE WAGYU BEEF, VIC;  
HOLY GOAT CHEESE LA LUNA, VIC;  
MONDO WHITE ROCKS VEAL, WA**

The Hall of Fame awards are reserved for consistent high-achievers, who impress the judges and take out top honours year after year. "All three products have cemented their place as benchmarks," says Lucy Allon. "The Hall of Fame recognises their incredible achievement in not only maintaining quality and consistency, but becoming recognised and sought-after globally." This is a fourth appearance for Mondo White Rocks Veal and a fifth for both Blackmore Wagyu and Holy Goat Cheese La Luna. We acknowledge the consistent drive of these producers in raising their own and industry standards. Blackmore are in the process of switching to pasture-raised beef and more sustainable practices, Mondo are awarded for their pioneering work in bringing more ethically raised veal to the Australian market and Holy Goat Cheese for their commitment to improving and refining their product. ✕





# thank you

*The delicious. Produce Awards are possible thanks to the generous support of our sponsors and the time and expertise of our judging panel. Thank you all for another outstanding year.*

## NATIONAL PANEL

### NATIONAL JUDGES

Our National Panel of chef judges decides all the produce-based awards, tasting and deliberating on over 1000 products.

- Maggie Beer (Awards Patron)
- Shannon Bennett • Christine Manfield
- Guillaume Brahimi • Matt Moran
- Alla Wolf-Tasker

### EXPERT PANEL

Our Expert Panel advises the chef judges on benchmarks for Australian produce.

- Colin Holt • Simon Johnson
- John Susman • Valli Little

### CRITICS PANEL

Our Critics Panel decides the additional, non-produce-based award categories.

- Jane Adams • Anthony Huckstep
- John Lethlean • Matt Preston
- Necia Wilden • Simon Wilkinson

### PROJECT MANAGER

Our Produce Awards Project Manager, the dedicated, passionate and tireless Lucy Allon, deals with each nominee individually as well as rounding up our judging panel to make the tough calls. Thanks for all your hard work.

## STATE JUDGES

The Produce Awards start on the state level before they go national. These chefs taste nominee products from their state to put forward to national judging.

### NEW SOUTH WALES

- Martin Boetz, The Cooks Co-Op
- Alex Herbert, Bird, Cow, Fish

### QUEENSLAND

- Jake Nicolson, Blackbird Bar & Grill
- David Rayner, Thomas Corner eatery
- Ryan Squires, Esquire

### SOUTH AUSTRALIA

- Mark McNamara, Food Luddite
- David Swain, Fino

### TASMANIA

- Daniel Alps, Alps & Amici Foodstore and Kitchen
- David Moyle, Franklin
- Philippe Leban, The Source, MONA

### VICTORIA

- Dan Hunter, Brae
- Paul Wilson, Mr Wilson

### WESTERN AUSTRALIA

- Hadleigh Troy, Restaurant Amuse
- Kiren Mainwaring, Co-op Dining
- Seth James, Wills Domain

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## good as GOLD

Produce Awards Earth category winner Wellington Apiary prickly box honey is the finishing touch to this flaky spelt pastry and strawberry pie, says new *delicious.* senior food editor (and pie connoisseur) **Phoebe Wood**.

### STRAWBERRY, GINGER & HONEY PIE WITH GOLDEN SPELT CRUST

SERVES 8

500g strawberries, hulled, halved if large  
1/2 cup (175g) Wellington Apiary prickly box honey  
1/2 cup (110g) caster sugar  
1/4 cup (35g) cornflour  
6 pieces crystallised ginger, sliced  
2 tsp finely grated ginger  
1 egg  
1 tbs demerara sugar or raw sugar  
Sour cream, to serve

#### SPELT CRUST

375g spelt flour, plus extra to dust  
1/4 cup (55g) caster sugar  
250g cold unsalted butter, cut into 2cm pieces  
1/4 cup (60ml) apple cider vinegar

For spelt crust, combine spelt flour, caster sugar and 1/2 tsp fine sea salt in a bowl. Add butter and toss to completely coat. Turn out onto a cool, clean work surface, then, using a pastry cutter, cut the butter into the flour until it resembles very coarse crumbs (leave some big pieces of butter, as this will ensure a flaky crust). Combine the vinegar, 2/3 cup (165ml) chilled water and 4 ice cubes in a jug. Make a well in the centre of the flour mixture, then add 2 tbs vinegar water at a time, carefully folding the flour mixture into the water, until all the water is used (discard ice cubes) and you have a rough dough. Add a little extra water if needed. Divide the pastry into 2 portions and enclose in plastic wrap. Chill for at least 1 hour or up to 2 days.

Roll out 1 portion of pastry on a lightly floured work surface to a 3mm-thick circle and use to line a 22cm pie pan. Chill for

30 minutes. Roll out the remaining pastry until 3mm thick and cut into eight 4cm-wide strips. Place on a baking-paper lined baking tray and chill for 30 minutes.

Preheat the oven to 200°C. To make the filling, place strawberries, honey, sugar, cornflour and all ginger in a bowl, stirring to coat, then spoon into pastry case. Arrange pastry strips in a lattice pattern over filling, pressing sides and strips together to seal. Trim excess pastry and discard. Lightly beat egg with 1 tbs water, then, using a pastry brush, brush eggwash over pastry to coat. Scatter with demerara sugar. Place pie on a baking tray, then bake for 20 minutes or until starting to colour. Reduce oven to 180°C and bake for a further 30 minutes or until dark golden and bubbling. Remove from oven and rest for 30 minutes.

Serve pie with dollops of sour cream. ✂





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👑 Chef Hats The Long Apron

2015 Australian Good Food Guide  
👑 Chef Hats The Peak

2015 Australian Good Food Guide  
👑 Chef Hats The Tamarind

2015 Australian Good Food Guide  
👑 Chef Hat Homage





# *hand* PICKED

Having taken over Sydney's most iconic dining destination, Bennelong at the Sydney Opera House, **Peter Gilmore** strips it back to where it all begins – produce. Here are his seasonal picks.

PHOTOGRAPHY JEREMY SIMONS STYLING LUCY TWEED WORDS DAVID MATTHEWS



Roasted John Dory  
with baby spinach  
and umami butter.  
OPPOSITE: yabby  
tails with buckwheat  
pikelets and creme  
fraiche.



*“Cooking **John Dory** on the bone changes it completely.  
It becomes so juicy and **flavoursome.**”*



HAND PICKED.









## HAND PICKED.

Strawberries with  
lilly pillies, moscato  
granita and bush  
honey cream.

OPPOSITE: roasted  
Moreton Bay bug with  
turnips and radishes.



*“Queensland **strawberries** add a bit of colour in  
winter before the season follows the sun down the **coast.**”*



## HAND PICKED.

### ROASTED JOHN DORY WITH BABY SPINACH AND UMAMI BUTTER

SERVES 6

*At Bennelong, Peter garnishes this dish with gai lan (chinese broccoli) flowers.*

100ml extra virgin olive oil  
6 x 400g John Dory (cleaned, heads removed)  
200g baby spinach leaves  
Micro basil or parsley (optional), to serve

#### UMAMI BUTTER

165g unsalted butter, softened  
10g dried shiitake mushrooms, finely chopped  
1½ tbs sesame seeds  
3 tsp fish sauce  
Finely grated zest of 1 lemon  
1½ nori sheets, finely chopped

Preheat oven to 220°C. For the umami butter, combine all the ingredients together in a bowl. Set aside.

Heat 1 tbs oil in a large frypan over medium-high heat. In 3 batches, cook fish for 2 minutes each side or until golden. Repeat with remaining oil and fish. Transfer fish to two baking paper-lined baking trays, then roast for 6-7 minutes until just cooked through. Remove from oven. Rest, loosely covered with foil, for 5 minutes.

Meanwhile, melt umami butter in a small saucepan over medium heat. Set aside.

Heat remaining 2 tbs oil in a large frypan over medium-high heat. Add spinach and cook for 2-3 minutes until wilted. Season.

Divide fish among warm serving plates and top with wilted baby spinach. Spoon over umami butter and garnish with micro basil, if using.

### YABBY TAILS WITH BUCKWHEAT PIKELETS AND CREME FRAICHE

SERVES 6

12 live yabbies  
½ cup (120g) creme fraiche

Orange and lemon marmalade, and salt bush (optional), to serve

#### BUCKWHEAT PIKELETS (MAKES 24)

65g buckwheat flour  
65g self-raising flour  
1 tbs caster sugar  
1¼ tsp fine sea salt  
1 tsp baking powder  
350ml milk  
1 egg, lightly beaten, plus 1 extra eggwhite  
30g unsalted butter, melted, plus extra melted butter to brush

Chill yabbies in the freezer for 1 hour (this will put them to sleep). Once yabbies are well-chilled, place a large pan of salted water over high heat and bring to the boil. Cook the yabbies in boiling water for 3 minutes or until bright red. Remove and plunge into iced water. Cool completely. Remove heads with a sharp knife and discard. Carefully split tails into halves lengthways and remove the digestion tract. Set aside.

For the buckwheat pikelets, combine flours, sugar, salt and baking powder in a bowl. In a separate bowl, whisk milk, egg and melted butter until combined. Whisk milk mixture into dry ingredients until smooth. Beat the eggwhite until soft peaks form, then gently fold through the batter. Set aside at room temperature for 1 hour to rest.

Heat a large non-stick frypan over medium heat and brush with a little butter. In batches, using 1 tbs batter for each pikelet, add batter to the frypan, then cook for 1-2 minutes or until small bubbles appear on the surface. Turn and cook for a further 1 minute or until golden and edges are slightly crisp. Transfer to a tray and keep warm while you cook the remaining pikelets, brushing the pan with more butter in between batches.

Season the yabbies with sea salt and arrange on a serving plate. Serve with the creme fraiche, marmalade, warm buckwheat pikelets and salt bush, if using.

### ROASTED MORETON BAY BUG WITH TURNIPS AND RADISHES

SERVES 6

2 tbs extra virgin olive oil  
6 Moreton Bay bug tails, shells removed, cleaned  
6 radishes, thinly sliced  
3 pink turnips, thinly sliced  
3 small white turnips, thinly sliced  
3 small purple daikon radishes, thinly sliced  
¼ punnet snow pea sprouts  
¼ cup nasturtium leaves

#### FERMENTED CHILLI PASTE

2 tbs gochujang  
(Korean fermented chilli paste)  
2 tbs white (shiro) miso  
1½ tsp sesame oil  
1½ tsp garlic-infused oil

#### BEURRE BLANC

2½ tbs chicken stock  
Juice of ¼ lemon  
100g unsalted butter, chopped

For the fermented chilli paste, combine the gochujang, miso paste, sesame and garlic oils in a bowl. Set aside.

For the beurre blanc, combine chicken stock and lemon juice in a small saucepan over medium-low heat. Bring to a simmer, then whisk in butter, a few pieces at a time, until combined. Season and keep warm.

Heat the oil in a large non-stick pan over medium-high heat. Add the bug tails and cook, turning, for 4-5 minutes until golden. Set aside for 2 minutes to rest.

Meanwhile, bring a pan of salted water to the boil and blanch the radish, turnip and daikon slices for 30 seconds. Remove from heat and drain.

To serve, spread 1 tsp chilli paste into the middle of 6 serving bowls. Place a bug tail on top and garnish with radish, turnip and daikon. Spoon a little beurre blanc over bugs, then garnish with pea sprouts and nasturtiums.



**Opener (background):** 'Concrete Mortar' wallpaper (classic vinyl – used throughout), Emily Ziz. **Roasted John Dory:** Christopher Plumridge grey plate, Claystone; 'Porcelain Dusk' small dinner plate in grey, Studio Enti; and 'Tessa Sonik – Ombre Moss' fabric (used as napkin throughout), Emily Ziz. **Yabbies:** orange bowl, commissioned piece, Paul Davies and Jacqueline Clayton; and white marble salt dish, White Home. **Moreton Bay bug:** small salt dish, Slab & Slub; 'H20 Classic Bar Water Glass' clear water glass, Riedel; and 'Tessa Sonik – Exclusive Collection Altea 007' pillowcase in stonewash grey (used as placemat), Emily Ziz. **Strawberries:** 'Porcelain Dusk' dinner plate in grey, Studio Enti. For stockist details, see Directory, p 150.

## STRAWBERRIES WITH LILLY PILLIES, MOSCATO GRANITA AND BUSH HONEY CREAM

SERVES 6

1kg strawberries, hulled  
2/3 cup (150g) caster sugar  
100g fresh or frozen lilly pillies (available from Outback Pride), stones removed  
1/2 vanilla bean, split, seeds scraped

### MOSCATO GRANITA

1 cup (250ml) moscato  
1/4 cup (55g) caster sugar

### BUSH HONEY CREAM

1 cup (250ml) double cream  
1 1/2 tbs bush flower honey

Using a small melon baller, scoop out as many balls from the strawberries as you can. Cover and chill until ready to serve. Enclose remaining strawberry flesh in a piece of muslin, set over a bowl and squeeze out as much juice as possible. Reserve strawberry juice for the granita, discarding seeds.

Place sugar and 150ml water in a pan over high heat. Bring to the boil, then add vanilla pod and seeds, and lilly pillies. Remove from heat and set aside to cool.

For the granita, combine the moscato, sugar, 1 cup (250ml) reserved strawberry juice and 1 cup (250ml) water in a bowl, stirring until sugar dissolves. Cool. Pour into a shallow tray and place in the freezer for 30 minutes or until partially frozen. Remove container from freezer and break up the crystals by scraping the surface with a fork. Return to the freezer for 30 minutes, then remove and scrape crystals again. Repeat this process every 30 minutes for 6-7 hours until light, fluffy ice crystals form.

For the honey cream, whisk double cream and honey in a bowl until soft peaks form. Chill until ready to serve.

To serve, combine strawberry balls with lilly pillies in syrup and divide among six serving bowls. Top with moscato granita and bush honey cream.

# Peter's BASKET

## JOHN DORY

It's not the prettiest fish around, but what John Dory lacks in looks it more than makes up for in flavour. One of Australia's most highly prized fish, fillets are great pan-fried, but cooking on the bone is more forgiving and brings out the best from its sweet, delicate and juicy flesh. Other true Dory varieties like King and Mirror Dory are worth trying too, and less expensive. Be sure to choose those with lustrous skin, firm flesh and a pleasant, fresh ocean smell.



## YABBIES

Many Australians have memories of dipping a piece of string with bait attached (or a toe) in the water and waiting for a yabby to latch on, then boiling them over a fire and sucking out sweet morsels from their bright orange shells. Nowadays, we're rediscovering the potential of these native crayfish in the kitchen. Best bought live, pick yabbies that are heavy for their size, chill to put them to sleep, then boil, or split and grill on the barbecue. Tail meat is best, but claw meat is sweet for those willing to work for it.

## RADISHES

Small radishes mature from seed in three to four weeks, so they're available all year and add variety to winter vegetables. Thinly slice black Spanish (black with snow-white interior), watermelon (white-green around a splashing hot pink centre), or purple daikon radishes (a squat, colourful variation of the long white Japanese daikon) to pimp up your dishes with bursts of colour. Or keep it simple and serve plain with dark bread, sea salt and lashings of good butter.

## STRAWBERRIES

Nothing beats ripe strawberries spilling with juice. Australians are lucky as our strawberry season runs from June all the way through to the end of summer moving south along the coast from Queensland to Tasmania. Use strawberries to make jam, serve with anything creamy, macerate, or throw into smoothies.

## WHAT ELSE TO BUY IN AUGUST

- beetroot • blood orange • Brussels sprout
- cauliflower • chestnut • cumquat • Jerusalem artichoke
- parsnip • silverbeet • turnip • witlof





HAND PICKED.

*"To be able to represent what modern Australian cuisine is about in the Sydney Opera House is a really special opportunity."*

fine dining and more casual offerings, something previous tenants have struggled with. So there's an impressive open dining area downstairs for a la carte, a more casual bar on the upper level for pre- or post-theatre, and a 'cured and cultured' bar on the mezzanine where you can walk in without a booking and, as Peter says, "have some fun without having to sit down for a three-course meal. You can wrap a little yabby tail up in a pikelet, have a few oysters, some really nice sashimi or maybe some Byron Bay black pig prosciutto with toast, truffle butter and radishes."

It's natural for there to be a focus on Australian produce with Peter's reputation for building personal relationships with suppliers. Tim and Elizabeth Johnson, for example, act as bespoke growers, and Wayne Hulme helps source sustainable seafood from small-scale fisherman. With this philosophy, a meal starts a long time before a dish hits the table. "It's the traceability. Knowing who is growing your beef, that those animals are having a good life, that they've got good pasture. You try as much as you can to grow things ethically and sustainably. If you want quality, the right practices go with quality."

Now with two restaurants straddling Circular Quay, Peter is aware of the responsibility he has in representing Australian food, and he's not taking it lightly. "I take that role very seriously. The Sydney Opera House is one of Australia's most iconic buildings, and also one of the world's most iconic buildings, so to be able to represent what modern Australian cuisine is about in this national emblem is a really special opportunity." ✕



@bennelong\_sydney



Download our new enhanced App for Cook Mode, plus an exclusive video of Peter Gilmore plating dishes from this feature

# Bennelong TIME COMING

**Peter Gilmore** pockets enough local and international awards to fill any poolroom and appears consistently on the World's 50 Best Restaurants list. Now he's going for gold at Sydney's Bennelong.

**T**he restaurant space of Australia's most recognisable building, the Sydney Opera House, has been lying dormant for 18 months. That's a long time for walls that are accustomed to housing industry heavyweights such as Phillip Searle, Gay Bilson, and most recently Guillaume Brahimi, who called time on his 12-year stint at the end of 2013. Finally, it's time for the next act, and who better to be in the spotlight projecting his defining vision of Australian food than one of our most celebrated chefs?

With Quay as his flagship across the water, Peter Gilmore has the freedom at Bennelong to create a more playful, produce-driven experience with dishes like DIY pikelets or deconstructed desserts riffing on Aussie classics from lamingtons to pavlova. "I want to present food in a more direct fashion," says Peter. "The menu's less intricate and complex, and really highlights the produce – the paramount things are flavour, texture and quality produce."

The restaurant turns the space to its advantage, too, using the levels to juggle





*There's a relationship brewing. Orange and cinnamon have become one to create an intoxicating flavour you'll love. So spice things up and try any of the teas from Tetley's Infusions range. From Cinnamon Orange with a Rooibos Blend to Peppermint with Shavings of Lemongrass, we've got a flavour that'll hit the spot.*





# TOMATO, ROSEMARY AND WHITE WINE BRAISED OX TAIL WITH GREMOLATA

**PREPARATION** 15 MINUTES **COOKING** 3 HOURS, 10 MINUTES **SERVES** 4

Slow-cooked until falling-off-the-bone tender, and served with steamed broccolini, smashed cannellini beans and a zesty gremolata, this deliciously decadent white wine braised ox tail with tomato and rosemary is the ultimate comfort food.

## INGREDIENTS:

1.25kg ox tail, trimmed and cut into 4cm sections  
2 tsp vegetable oil  
2 carrots, diced  
2 stalks celery, diced  
1 onion, diced  
1 cup white wine  
2 cups beef stock  
250g tinned chopped tomatoes  
1 large sprig rosemary

## GREMOLATA:

1 clove garlic, very finely chopped  
½ cup flat-leaf parsley leaves, finely chopped  
Finely grated zest of 1 lemon

## METHOD:

**1** Preheat the oven to 170°C. Place a large casserole dish over a moderately high heat and brown the ox tail pieces in the oil for 8 mins, or until browned on all sides. Transfer to a plate.

**2** Add the carrot, celery and onion and cook until lightly browned. Add the ox tail, along with the wine, stock, tomatoes and rosemary. Bring to the boil, cover with a lid and place in the oven for 2 hours or until the meat is soft. Remove the lid and cook for a further hour or until the meat is falling off the bone. Skim off any fat and season with salt and pepper.

**3** Sprinkle the gremolata on top and serve with broccolini and smashed cannellini beans.

**4** To make the gremolata: Mix the ingredients together in a small bowl.

## CUT PROFILE

Starting at the base of the spine, the ox tail cut is a well-exercised muscle with distinct marbling. The fat is trimmed and the last 2-3 tailbones are removed before being cut into short joints. Slow-cooking this rich, distinctly full-flavoured cut results in mouth-wateringly tender meat – perfect for those chilly evenings.



For more information on beef cuts and delicious recipes, visit [beefandlamb.com.au](http://beefandlamb.com.au)

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HOTSPOT.

## longtime

**WHERE** 610 Ann St, Fortitude Valley, Qld; (07) 3160 3123.

**WHO** Ben Bertai (ex-Longrain, Melbourne and The Spirit House) with co-owner Angelo Valente (Peel Street Kitchen), and Tyron Simon and Nicholas Woodward.

**THE BUZZ** The golden rickshaw at the front door sets the tone. Brick walls and cosy banquettes shimmer under moody lighting, which lends a party atmosphere to late night dining.

**THE MENU** Punchy, colourful and spicy, the menu is largely Thai with a few detours such as the chicken burger with white pepper mayo and prawn laab in Bangkok tacos.

**THE DRINKS** The cocktail menu is the stuff Oriental dreams are made of: limey, light and addictive. Horny Elephant ale is brewed on site and the wine list sticks to spice-friendly varietals.

**MUST-EAT** Whole crisp fish with pork belly, red nahm jim, bird's eye chillies and garlic.

# happy ENDING

Late night dining calls for punchy Southeast Asian flavours and new Thai spot **Longtime** provides the ultimate in dining after hours.

## COCONUT & TURMERIC MORETON BAY BUG CURRY

SERVES 4

1/3 cup (80ml) sunflower oil  
50g palm sugar, grated  
270ml can coconut cream  
1/2 cup (125ml) fish stock  
1 tbs fish sauce  
2 tbs tamarind puree  
400g Moreton Bay bug tail meat  
2 kaffir lime leaves, finely shredded  
Steamed white rice, to serve

### YELLOW CURRY PASTE

5 cardamom pods  
1 tsp each cumin, coriander and fennel seeds  
1 tsp white peppercorns  
4 dried long red chillies, soaked in warm water for 15 minutes, drained  
1 lemongrass stalk, bruised  
20g freshly grated turmeric  
1/2 bunch coriander, roots separated, whole leaves reserved to serve

6 garlic cloves, chopped  
1 red onion, chopped

Place a frypan over medium heat. Add cardamom, cumin, coriander and fennel seeds, and toast for 1-2 minutes until fragrant. Remove from heat and transfer to a mortar and pestle with the white peppercorns, and crush to a fine powder. Transfer to small food processor with the drained chillies, lemongrass and turmeric, and whiz to a rough paste. Add remaining ingredients and whiz until combined.

Heat oil in a pan over low heat. Add curry paste and cook for 10 minutes or until fragrant and slightly darkened. Add palm sugar, stirring until sugar dissolves. Add coconut cream and fish stock, and cook for 5-6 minutes until flavours have infused. Add fish sauce and tamarind, and stir to combine. Add bugs and cook for a further 4-6 minutes until meat is just cooked.

Divide curry among bowls and top with kaffir lime leaves and reserved coriander. Serve with steamed rice on the side.



HOTSPOT.



# V-POWER

Committed carnivores won't miss the beef at Fitzroy's new kid on the block **Transformer**, which is taking vegies from zero to hero.

## CORN FRITTERS WITH CHUTNEY

SERVES 4

2 cups (500ml) sunflower oil,  
plus extra to deep-fry  
1 large eggplant, cut into 1cm pieces  
100ml rice vinegar  
1/3 cup (55g) coconut sugar  
2 tbs red curry paste  
4 corn cobs, kernels removed  
20g cornflour  
2 kaffir lime leaves, finely shredded  
4 eggs, plus 4 extra soft-boiled eggs,  
peeled  
4cm piece ginger, finely chopped  
2 tbs coriander roots, finely chopped  
2 spring onions, thinly sliced  
1 1/2 cups (225g) self-raising flour  
90ml beer (we used lager)  
1/2 cup (75g) black sesame seeds, crushed  
Mint leaves, to serve

To make chutney, heat 1/2 cup (125ml) oil in a frypan over medium-high heat. Cook eggplant, turning, for 15 minutes or until golden and crisp. Drain on paper towel.

Return pan to medium-low heat, and cook vinegar, sugar and 1 tbs curry paste for 5 minutes or until slightly reduced. Stir in eggplant, then remove from heat.

Combine corn, cornflour, kaffir lime, egg, ginger, coriander, spring onion, 3/4 cup (110g) self-raising flour and remaining 1 tbs curry paste. Season. Heat 1 1/2 cups (375ml) oil in a frypan over medium heat. Working in batches, add 1/4 cup batter to pan. Cook fritters for 3 minutes each side or until crisp and golden. Set aside. Keep warm.

Whisk beer, 1/2 cup (75g) self-raising flour and 1 tsp salt to a smooth batter. Half-fill a deep saucepan with extra oil and heat to 180°C (a cube of bread will turn golden in 30 seconds when oil is hot enough). Combine sesame seeds with 2 tsp salt. Deep-fry soft-boiled eggs for 30 seconds to roughen skin. Remove with a slotted spoon. Roll eggs in remaining 1/4 cup (35g) self-raising flour, then coat in beer batter, and roll in sesame. Deep-fry for 4 minutes or until crisp. Drain on paper towel.

Halve eggs and serve with the fritters, eggplant chutney and mint leaves. ✂



## transformer

**WHERE** 99 Rose St, Fitzroy, Vic; (03) 9419 2022.

**WHO** Laki Papadopoulos and Mark Price, the team behind Fitzroy stalwarts Vegie Bar, Panama Dining Room, Rice Queen and St Jude's Cellars.

In short, Fitzroy royalty.

**THE BUZZ** The edgy, industrial-luxe warehouse is drawing the hordes for boundary-pushing vegetarian fare.

**THE MENU** Chef Luke Florence isn't into faux fixes, so you'll find no meat substitutes here. Instead, you can bank on virtuous yet satisfying assemblies: spelt steamed buns with golden tofu and gochujang mayo or za'atar eggplant with feta.

**THE DRINKS** It's not all green juices and herbal teas – you can also treat yourself to a vodka-charged kimchi Mary.

**MUST-EAT** These crunchy fritters with a lip-smacking eggplant chutney, plus the pillowy ricotta and rye gnocchi with pumpkin.



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## TABLETALK

**1** Sydney's hottest new food postcode, Double Bay, welcomes a new player. Well, sort of.

Classic nightspot THE SHEAF has just revealed the first stage of its multi-million-dollar reno with The Garden Bar (above), a swish bistro with mod menu to match. Wagyu burger? Check. Prawn pizza with zucchini and parmesan? Check. Plus Earl Grey tea cocktails for stylish Sunday-afternoon drinks.

**2** Newly opened SMITH & DELI in Melbourne's Fitzroy is serving up Jewish comfort food with vegan cred. Say what? Owners Mo Wyse and Shannon Martinez did it with Smith & Daughters, their off-the-hook popular Latin-American-meets-vegan restaurant just around the corner. Grab a 'pastrami' sandwich to go or stock up on deli and pantry goods.

**3** It's the size of a postage stamp, but there's so much goodness packed into GAUGE, the latest South Brisbane venue of Sourced Grocer owner Jerome Batten. Black-garlic bread with brown butter and burnt vanilla headlines an innovative menu matched to the tiny but well-curated wine list.

**4** Wollongong's favourite whisky joint, Howlin' Wolf, just got tastier with the arrival of HUNGRY WOLF. Chefs Angus McCarthy and John Paul Thompson's (ex-Fratelli Fresh) love for Asian and Americana come together to create a killer menu that covers everything from irresistible Korean wings to southern-style brisket and cornbread.

## corner STAR

delicious. contributor Matt Wilkinson is at it again with business partner Ben Foster, opening **JACK HORNER** in Melbourne's Brunswick East. The corner store-cum-canteen is tucked under a brand new block of apartments whose residents must be rubbing their hands with glee at breakfast dishes like oozy cheese and bolognese sauce jaffles, plus an array of salads, sambos and slow-cooked numbers such as braised goat to eat in or take home. Pick up a bottle of wine to match, and stock up on anything from shampoo and seasonal vegies to organic chocolate. Visit: [jackhorner.net](http://jackhorner.net).



# insider NEWS

Hot tables, lust-have products, the latest news, books & more.



## TRENDING NOW

### DESIRABLE DUMPLINGS

» *Luyu & Yum Yum, Sydney (left)*

Like your xiao long bao with a glass of something decent? This new kid on Newtown's King Street block has the goods.

» *Supernormal, Melbourne*

Andrew McConnell can do no wrong. Here, he adds his classy modern schtick to Asian faves, such as pan-fried potstickers.

» *Tim Ho Wan, Hong Kong and Sydney*

This Michelin-starred Hong Kong restaurant, famous for baked BBQ pork bun (and queues), is now wowing 'em in Chatswood.

Edited by Heidi Finnane:



@runsandheids



@heidifinnane



INSIDER.



## winter OCCULT

Nothing combats the cold like a warm cuppa. Brew it with certified organic tea leaves, herbs and spices in naturopathic blends and you have a veritable healing potion in your hands. **PREMIUM ORGANIC TEA BY OVVIO**, crafted by renowned Australian naturopath Anthia Koullouros, comes in seasonal pick-me-ups, such as Winter Olive, Marshmallow Soothe and Strength Citrus. So all you have to do is turn on the kettle, then sit back and sip. From \$20 (120g). [ovvioorganics.com.au](http://ovvioorganics.com.au)

### CORDIAL RELATIONS

*We're crushing on Milla Cordial in the delicious. office, made from native Aussie ingredients, such as Ruby Grapefruit & Lemon Aspen. \$17.99 (750ml). [millacordial.com.au](http://millacordial.com.au)*

### NEW IN

Say *ciao* to espresso and *bonjour* to French press while earning Scandi-chic stripes with this **KAHLER DESIGN** Omaggio cafetiere. Complete with a moulded poplar handle. \$169.95. [residentgp.com.au](http://residentgp.com.au)



Give the table a splash of colour with this 28cm plate in Watercolour Blue from **BONNIE AND NEIL**. \$80. [bonnieandneil.com.au](http://bonnieandneil.com.au)



### UP FRONT

## Darren Purchase

Melbourne's most loved pastry chef predicts the return of the Viennetta.

**Favourite kitchen gadget?** Whisk.

**Cakes or tarts?** Ooh, that's tricky. Tarts.

**White, dark or milk chocolate?** Dark.

**Top dessert garnish?** Popping candy.

**Your thoughts on salted caramel?** I'm a big fan. The addition of salt balances the sweetness. I'm not keen on overly sweet desserts.

**Dessert you are most proud of?** One of the first I came up with – my coconut, passionfruit, ginger and mint tube dessert. It was based on one of my restaurant signatures. I'm really proud of everything we do in the store, but my tube desserts in particular.

**In desserts these days it seems to be 'more is more'...** I'm lucky because people expect a flourish, some kind of extravagance. It's a luxury item.

**You've been called a kitchen scientist, wizard or magician. Which are you?**

I feel like I'm paring things down these days. You can't cook that food forever. I'm really being pushed towards making the best tarte Tatin or a twist on lemon tart – going back to the classics that I used to eat when I was growing up.

**Do you have the steadiest hands ever?**

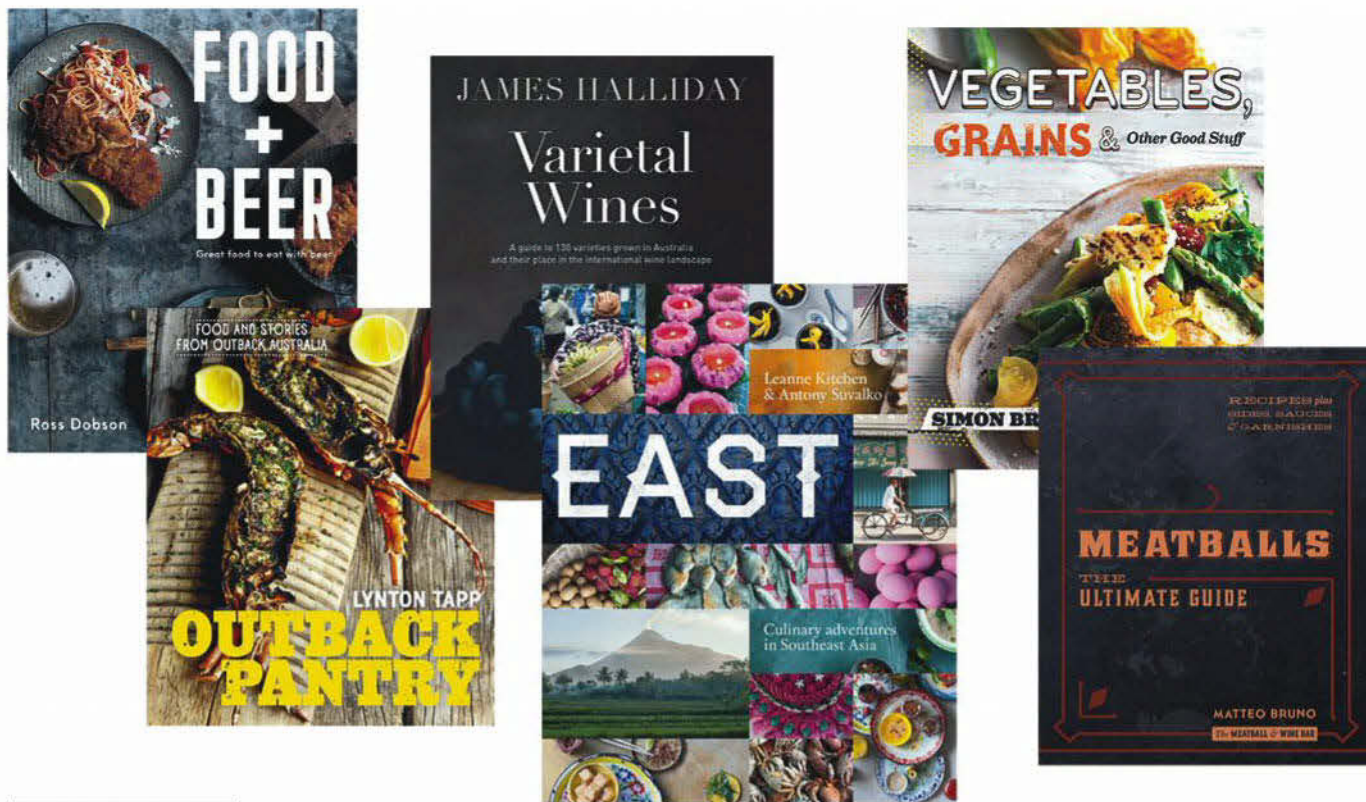
They're quite steady! There's a lot of precision in this work, and consistency, especially doing things in large volumes. The shop looks amazing because everything is exactly the same – all lined in rows like soldiers.

**Next big thing in desserts?**

If I knew, I'd be doing it right now! I reckon twists on old classics are going to be big. Look out for a new Viennetta, Arctic roll or Swiss roll.

Visit: [burchandpurchase.com](http://burchandpurchase.com)





## READ IT

• No, not Homer Simpson's autobiography, **FOOD + BEER** (Murdoch Books, \$45) is Ross Dobson's homage to simple pleasures – 80 of them, in fact. Global recipes – from Moroccan beef kebabs (enjoy with a 'tall dark ale'), to piri piri chicken Mozambique (just add pilsener) – all come with tips for the perfect beer match. • Former *MasterChef* runner-up and all-round good Aussie bloke Lynton Tapp has mustered his Northern Territory farming heritage to bring us **OUTBACK PANTRY** (Hardie Grant Books, \$39.95), a collection of his spin on homespun recipes alongside insights into the lifestyle and local producers of the Top End. • Even if you don't know your aglianico from your nebbiolo, in **VARIETAL WINES** (Hardie Grant Books, \$59.95), our foremost wine critic, James Halliday, unravels the complex history of the 130 grape varieties grown in Australia and their place in the world in his usual approachable style. • In their latest book, **EAST** (Hardie Grant Books, \$39.99), co-authors and photographers Leanne Kitchen and Anthony Suvalko have curated recipes that distil all they love about the many and varied cuisines of Southeast Asia. A must-have for travellers who love to cook. • In **VEGETABLES, GRAINS & OTHER GOOD STUFF** (Lantern, \$39.99), venerable veg campaigner (and self-described 'situational flexitarian') Simon Bryant cuts through the pseudo science and food fads to offer nourishing, beautiful meat-free recipes – with a generous splash of attitude. • Former film and TV producer Matteo Bruno owns three Meatball & Wine Bars in Melbourne, and now he's released **MEATBALLS: THE ULTIMATE GUIDE** (Murdoch Books \$35). Sixty recipes (pulled pork & baked apple, anyone?), along with tips like 'fat is your friend' and 'treat it gently', ensure perfect balls every time.



## harts and minds

American chef Gregory Llewellyn and his Australian wife and former theatre 'hoover', Naomi Hart (both pictured), sure know their fried chicken and anyone who's been to their inner-city Sydney eatery, Hartyard, will know it too. What they won't know, perhaps, is just how darn long it takes to bring that lip-smackin' magic to the table in all its crunchy, juicy glory. Thankfully in **FRIED CHICKEN & FRIENDS** (Murdoch Books, \$49.99), they reveal their quick-fire version, as well as the secret behind Hartyard's perennially addictive oyster po' boys (left), smoked lamb ribs and banana cream pie. You've got to love a comprehensively informative cookbook that spins a great yarn and is funny, too, so kudos to Greg and Naomi for delivering in spades.





INSIDER.



# MAGIC *beans*

Fee-fi-fo-fum! We smell the intoxicating aroma of roasted coffee, and it's in everything from our morning brew to our beauty regimen.

PHOTOGRAPHY DIEU TAN STYLING LUCY TWEED

1. Fat Poppy original blend whole coffee beans, \$15 (250g), [fatpoppycoffee.com.au](http://fatpoppycoffee.com.au). 2. H2Coco 'Cocoexpresso' coconut water with espresso, \$2.99 (330ml), [h2coconut.com](http://h2coconut.com). 3. Mr Black cold drip coffee liqueur, \$64.99 (700ml), [danmurphys.com.au](http://danmurphys.com.au). 4. Muji teaspoon, \$3.95 each and coffee spoon, \$4.95 each, [muji.com/au](http://muji.com/au). 5. Inker espresso cup and saucer in aubergine, \$61 (80ml, set of 6), [venezianocoffee.com.au](http://venezianocoffee.com.au). 6. Laduree Coffee Macaron, \$3.50/per macaron, Laduree Westfield Sydney, (02) 9231 0491. 7. Amari Cantucci pistachio and almond biscotti, \$9.45 (200g), [ilprovidore.com.au](http://ilprovidore.com.au). 8. Hario Copper Buono Kettle, \$258 (900ml), [sensorylab.com.au](http://sensorylab.com.au). 9. YSL 'Couture Variation Palette', \$129, 1300 651 991. 10. 'Pergtamp' jarrah wood handled tamp, \$185 (58.5mm), [sensorylab.com.au](http://sensorylab.com.au). 11. Guerlain 'Four Seasons' bronzer in terracotta, \$93 (10g), (02) 9695 5678. 12. Shiseido 'Shimmering Cream Eye Colour' in ombre creme satinee, \$44 (6g), (02) 9695 5678. 13. Shu Uemura cream eyeshadow in Gold, \$42, 1300 651 991. 14. Nespresso 'Caramelito' coffee pods, \$8.40 (10), and 'Decaffeinato Intenso' coffee pods, \$7.30 (10), [nespresso.com/au](http://nespresso.com/au). 15. Haigh's Chocolates dark chocolate covered coffee beans, \$10.25 (200g), [haighschocolates.com.au](http://haighschocolates.com.au). 16. Frank Body everyday face moisturiser, \$21.95 (80ml), [au.frankbody.com](http://au.frankbody.com). 17. La Perruche brown sugar cubes, \$7.95 (250g), [simonjohnson.com](http://simonjohnson.com). 18. The Aromatherapy Company 'Therapy Range' coffee body scrub, \$24.95 (250g), [davidjones.com.au](http://davidjones.com.au). 19. Frank Body original body scrub, \$14.95 (200g), [au.frankbody.com.w](http://au.frankbody.com.w)



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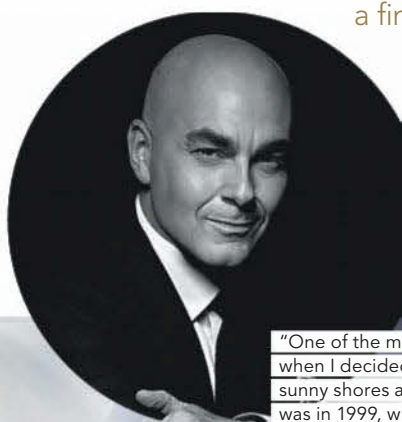
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# *creating* MEMORABLE MOMENTS

Life is made up of a series of moments – and the magical ones deserve to be celebrated in style. Here, expert tips on the art of entertaining with Moët & Chandon Grand Vintage, a finely aged Champagne created from a single harvest.



## *setting the* SCENE

"One of the memorable moments in my life was when I decided to leave London, lured by Sydney's sunny shores and Australian magazines! That was in 1999, which coincides with one of the Moët & Chandon special Grand Vintage years."

**NEALE WHITAKER**

EDITOR-IN-CHIEF, VOGUE LIVING

Beautiful details  
are key to creating  
the right mood.

WHEN YOU'RE CELEBRATING ONE OF LIFE'S **SIGNIFICANT** EVENTS, IT'S ALL ABOUT THE MOOD, MENU AND CHAMPAGNE. **MOËT & CHANDON GRAND VINTAGE** IS A LUXURIOUS CHOICE AS EACH VINTAGE REFLECTS THE DISTINCTIVE FLAVOURS OF A SINGLE YEAR'S **EXCEPTIONAL** HARVEST.



## *Neale says*

### IN THE MOOD

"They say we eat with our eyes first and that's not just about the food. Whether we're entertaining at home or dining out, creating the scene is as significant as what's served."

### GO FOR GLAMOUR

"I'm all about details, but not in a formal or stuffy way. The linen doesn't have to be starched but I care about the lighting, the music – and the stemware. Everyone likes to drink from big, generous glasses – they don't have to be full!"

### SHARE PERFECTION

"My perfect night out is actually a night in. I like relaxed, intimate dinners with friends where we're still sitting around the table long after the last course has been served."





Grilled scallops with a warm Asian-style dressing and vintage Champagne are a perfect match.



## choosing the MENU

"One of the years featured in the Moët & Chandon Grand Vintage Collection is 2000, which was when I had a memorable New Year's Eve party at Byron Bay – there was Champagne aplenty!"

**KERRIE MCCALLUM**  
EDITOR-IN-CHIEF, *DELICIOUS*.

### *Kerrie says*

#### BE BOLD

"I like to be bold and experimental when it comes to food. I'll serve classic dishes that are done with a twist and presented in an unexpected, modern way."

#### ON THE MENU

"Keep the menu simple. Impressive produce presented effortlessly means you can spend more time with your guests and enjoy the party. Think easy but elegant – you want your friends to feel special."

#### PERFECT PAIR

"I don't save my sequins for the ball, I wear them all the time. That's how I feel about vintage Champagne – enjoy it whenever you celebrate. Just pair it with dishes that showcase the subtle flavours."



## TRENDING NOW VINTAGE CHAMPAGNE



One of the first houses to produce **vintage Champagne**, Moët & Chandon gives the cellar master free rein to create an original vintage Champagne **from a single year's grapes**, which is then aged for a minimum of seven years. Each **Moët & Chandon Grand Vintage is unique** and there have been just 71 vintages produced since 1842.

### *your invitation*

CO-HOSTED BY **NEALE WHITAKER AND KERRIE MCCALLUM**, THIS DINNER FEATURES GUEST SPEAKERS NEIL PERRY AND WINE WRITER MIKE BENNIE AND A MENU CREATED TO COMPLEMENT **MOËT & CHANDON GRAND VINTAGE CHAMPAGNES**.

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**MOËT & CHANDON**  
CHAMPAGNE  
★  
GRAND VINTAGE





# GREEN *power*

You may think organic produce is not worth the hype, says **Anthony Huckstep**, but a bite of fresh broccoli in Bathurst may just have changed his mind.

**ONE HALLOWEEN WHEN** young Huck resembled a mini Mac truck, a neighbour offered up a brick disguised as organic carrot cake, rather than candy. They should've renamed it Trick or Traumatise. Organic food has polarised us since we first realised plants don't necessarily require deodorant. Pesticides, herbicides, insecticides – excuse me waiter, I don't recall ordering any sides. The perception of 'organics' is somewhat like the obnoxious partner you once had that made you feel good, but even your best friends thought you were 'just going through a phase'. But you don't have to grow a beard and ride a fixie to explore its virtues. You just have to care about what fuels your body.

Eating your body weight in organic chocolate won't prevent you from looking like someone poured you into your pants and forgot to say when. Hell, it's not even cheaper. But having spent time at Kurrawong Organics, I learned there's every chance it will be better value for money. Wait, what? Cheaper organics? Well, hear me out.

*“When sprouts lost favour, broccoli got the lead role and the family hit the stage by taking broccoli from beige to broc ‘n’ roll.”*

Around 1100 metres above sea level and 30 kilometres east of Bathurst in New South Wales, Kurrawong Organics farm is nestled on the nutrient-rich volcanic, basalt soil of Kirkconnell. What started in 1931 by Charles Bland is now owned by grandson Quentin and his wife Lesley, third-generation farmers who are producing some of the most stunning organic brassicas (broccoli, cauliflower, cabbage and Brussels sprouts) in Australia. In the early days, the focus shifted from Brussels sprouts to an apple orchard, but in the 1980s the orchard was removed and a fully fledged focus on brassicas began. When sprouts lost favour, broccoli got the lead role and the family hit the stage by taking broccoli from beige to broc ‘n’ roll. They even scored organic certification for their efforts.

It's about five-jackets cold when I climb into 19-year-old Harry's LandCruiser for a tour of his parents' farm. Wrapped in the isolation

of the 20,000-hectare Sunny Corner State Forest, rows of pines that replaced gums provide a pathway to the lush rolling hills of green organic broccoli heads – 250-acres worth owned by the family.

“We're producing about 500,000 broccoli heads a year,” says Harry. Some 95 per cent is destined for Sydney Markets at Flemington and then on sold to organic retailers nationwide.

But the family's joy is the face-to-face experience at farmers' markets in Sydney's Eveleigh, Bondi and Taylor Square, and at Capital Region in Canberra. “People always ask whether we use sprays,” says Quentin. “Of course we do. The list of organic sprays is as long as your arm.” He says that it's really about caring for the soil. As such, the Blands rotate each paddock on a three-year basis. They put in green manure, let it fallow, then sow oats, rye, clover and peas to help build up compost and regenerate the soil. Irrigation comes from the pristine water of six spring-fed dams.

But even Quentin concedes being organic doesn't necessarily make it better. “You can buy great conventionally farmed produce.

You just need to know where your food is from, how it's grown and you might find it lasts longer, too.”

And that's the point. Think about your vegetable crisper for a moment. How often do you buy produce that ends up in the bin? According to OzHarvest, it's one in every five shopping bags. In supermarket land, fruit and veg are often picked green to ripen through the food chain. It's ready when you buy it, but has a shorter shelf life because it's been out of the ground longer.

“We cut it when it's ready to eat,” says Quentin. Vegetables harvested on Thursday are sold on Saturday. It may be a touch more expensive, but a shorter time out of the soil means more nutrients and longer life in your crisper. Up to two weeks, Quentin tells me, so there's every chance it'll be consumed before it rots.

When it comes to organics, while the up-front cost may seem more, you're probably not going to throw it out and replace it. So, it'll be tastier, healthier and will benefit the earth, and it might just fit into your budget, too. ✕



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show-stopping dishes.

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COOKER AND MATCHING BLACK CANOPY RANGEHOOD, \$5,999 (BR1100DFCPACK)



# MEAT MASTER

CHEF'S CHOICE: *Warialda Belted Galloways beef*



Beef rib-eye on the bone with burnt butter and horseradish cream.

*“The rich flavour from the grass feeding and dry aging makes this beef unique.”*

Jake Kellie has worked for the stars of the cooking world. From an apprenticeship at Matt Moran's Aria Restaurant, Jake moved to Gordon Ramsay's Maze restaurant in Melbourne before heading overseas to work at Brett Graham's two-Michelin-starred restaurant The Ledbury. Now settled in Melbourne, Jake works at Scott Pickett's Estelle Bistro, which has a coveted chef's hat. This fine venue is in the go-to destination for serious dining in north Melbourne. Scott developed an appreciation for produce while growing up on his family's farm in South Australia, and he has nurtured this passion in his staff.

The menu changes with the seasons to reflect the produce available.

“We have an abundance of quince right now, so we're doing a lot with them,” says Jake. “We get a delivery of fresh fruit and vegies each week from Glenora Farm, a few hours out of Melbourne.” The menu at Estelle Bistro is meaty. Literally. “We source our beef from Warialda Belted Galloways, who have a paddock-to-plate approach to cattle breeding that we like. Their grass-fed dry-aged beef is delicious.”

A large oven can accommodate big cuts of meat, so you can provide a hearty feast for friends.

## JAKE KELLIE

Estelle Bistro,  
Melbourne, Vic;  
[estellebistro.com](http://estellebistro.com)  
For the recipe,  
visit: [hn.com.au/  
prideandproduce](http://hn.com.au/prideandproduce)





3

*Roast, grill, saute, simmer and braise***3 & 4. SMEG FREESTANDING COOKER & RANGEHOOD PACKAGE, \$3,799 (C91GMXATPACK1)**

Cook like a pro with this efficient package: a 900mm cooker with 96L capacity and 900mm canopy rangehood to eliminate fumes, smoke and vapours. The cooker comes with a teppanyaki plate which is ideal for recipes that require a smooth metal surface for best results.

4

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# GARDEN VARIETY

CHEF'S CHOICE: *Otway shiitake mushrooms*



Shiitake mushrooms and hazelnuts with brown butter.

*“The raw shiitake soaks up the warm brown butter sauce like a sponge.”*

“My inspiration comes from everywhere. I’m not bound by rules or tradition when it comes to cooking,” says Mitch Orr, the chef at Acme in Sydney’s Rushcutters Bay. This is evident in the menu. From macaroni with guanciale and egg yolk to spaghetti with fish balls and kimchi, Acme has set a new trend in the world of hip eating venues. Acme has been labelled as a pasta joint, but don’t go expecting traditional Italian fare. The mix of European and Asian-inspired flavours sets the dishes apart. Mitch, who was named Best Young Chef by the *Sydney Morning Herald*

*Good Food Guide* in 2010, grew up in the western suburbs of Sydney in a very multicultural and diverse environment. “This shows through in the person I am today, in what I like to eat and the things I now cook.”

Acme began when four friends who worked in hospitality, Andy Emerson, Cam Fairbairn, Mitch Orr and Ed Loveday (hence Acme), got together to combine their talent and create the restaurant they would like to go to. “It’s all about being casual, loud and fun. Somewhere you want to hang out,” says Mitch.

High-quality  
small appliances  
are always a  
chef’s best friend  
when it comes  
to food prep.

## MITCH ORR

Acme, Sydney, NSW;  
[weareacme.com.au](http://weareacme.com.au)  
For the recipe,  
visit: [hn.com.au/prideandproduce](http://hn.com.au/prideandproduce)





*Blitz, chop,  
slice and dice*

**5. TEFAL CUISINE COMPANION, \$1,699 (FE800A60TPK)** This all-in-one kitchen wonder machine does it all. With five attachments and six automatic cooking functions, it prepares and cooks all types of dishes – from starters to desserts.

**6. BREVILLE THE HANDY MIX HAND MIXER, \$149 (BHM800SIL)** Get the result you want with nine electronically controlled speed settings that are designed to maintain a consistent pace.

**7. BRAUN MULTIQUICK 7 PATISSERIE HAND-HELD BLENDER, \$179 (MQ775)** The patented Power Bell technology provides an anti-splash design to make your food preparation easier.

**8. BREVILLE KINETIX CONTROL BLENDER – BLACK SESAME, \$249 (BBL605BS)**

Featuring 1200 watts of power and seven task controls, this blender can whip up tasty treats, cocktails and smoothies in no time.

**9. GEORGE FOREMAN INFINITY CHOPPER, \$49 (21510AU)** Break down the toughest ingredients with the powerful 350-watt Infinity Blade technology.



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# A GREAT CATCH

CHEF'S CHOICE: *Shoalhaven Seafoods snapper*



Steamed snapper, mussels, clams and kippers with citrus and fennel sauce.

*"I like that this snapper is line-caught. It feels more traditional and artisan."*

"It was our dream to have a restaurant in an area we love and can source local produce," says chef John Evans. So John and wife Sonia Greig left the successful restaurant they were running in Sydney's inner-west at the 3 Weeds Hotel and made the sea change to picturesque Berry on the NSW South Coast. With an impressive portfolio working in leading restaurants in the UK and Sydney, including Mesclun, CBD and Est, John set out to make his dream a reality with South on Albany – a true regional restaurant.

The menu has a strong European influence with a local twist. "It's

important in regional areas to keep small businesses going and we have a great relationship with the local growers and the food co-op. Often a farmer will give us a call and tell us they have an abundance of broad beans this week and then they drop a box at our door." The menu is constantly evolving to reflect this.

"Being in the country we get to know our suppliers. We visit the farms and the wineries. There's so much fresh seafood on the South Coast, and we have the best oysters, hands down."

Steaming is a smart and easy way of cooking light, delicate seafood with great results.

## JOHN EVANS

South on Albany,  
Berry, NSW;  
[southonalbany.com.au](http://southonalbany.com.au)  
For the recipe,  
visit: [hn.com.au/prideandproduce](http://hn.com.au/prideandproduce)





10

### *Steam, grill and bake*

#### **10. AEG PRO COMBI STEAM OVEN, \$5,499 (BS9314001M)**

The AEG steam oven has a unique cooking system which uses a combination of steam (25 per cent or 50 per cent) and hot air to slow cook, bake and grill food while bringing out the flavour and enhancing the texture. The MaxiView window is 20 per cent larger than previous models, so you can keep up with what's happening inside.


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# DAIRY DELIGHT

CHEF'S CHOICE: *Tongola 'Zoe' goat's cheese*



Goat's cheese meringue with corn ice cream and burnt butter.

*"The tangy cheese goes beautifully with the natural sugars in the corn."*

Hidden behind a wall of massive green hedges in a tranquil country setting is Biota Dining and Rooms – a food haven with two chef's hats and boutique accommodation in the Southern Highlands, NSW. Biota is a unique concept. "I wanted to start something that had meaning and a simple, honest approach," says James Viles, award-winning chef and owner. And by supporting local farmers and growers and using seasonal artisan produce, James has created just that – 70 per cent of the dairy, meat, fruit and vegetables he uses comes from the Southern Highlands.

With the right appliances at hand, it's easy to create standout inspirational desserts.

The huge kitchen garden at Biota provides plenty of fresh produce. "We propagate everything from seed in a 30-metre polytunnel and then transplant the seedlings to three gardens on site. "The menu changes with the seasons. "It's about telling the stories of our land, the seasons and the ingredients it provides us with. It's about foraging for the best produce." Offering delicacies from charcoal clams with smoked roe and spent lettuce to pasture-fed beef and chlorophyll, Biota is an ode to the seasons.

## JAMES VILES

Biota Dining and Rooms, Bowral, NSW;  
biotadining.com  
For the recipe, visit: [hn.com.au/prideandproduce](http://hn.com.au/prideandproduce)





## *Grind, whip and mix*

### **11. ELECTROLUX TURBOPRO HANDHELD BLENDER, \$149 (ESTM6400)**

Inspired by chefs, the 'TurboPro' features a mini chopper, double whisks, a turbo function, and an anti-splash design.

### **12. KENWOOD MULTI PRO CLASSIC FOOD PROCESSOR, \$399 (FDM785BA)**

With a 3L bowl, 1.5L thermo-resistant blender and attachments to help chop, grate, knead and juice, this machine has food preparation covered.

### **13. SUNBEAM CAFE SERIES®**

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**DRIVE, \$689 (MX9500R)** Features include a spring-assisted head lift and a Power Drive outlet to add accessories to your mixer, such as pasta rollers and pasta cutters.



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delicious.<sup>\$102</sup>  
PRODUCE AWARDS



TICKETS  
ON SALE  
AUGUST 3

# *You're invited to* **AN EXCLUSIVE DELICIOUS. EVENT**

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Enjoy the best regional produce prepared by acclaimed chefs in state-of-the-art Harvey Norman® kitchens. Both events include a cooking demonstration plus canapes and a two-course meal with matching wines. Tickets go on sale Monday, August 3, 2015.



## SYDNEY EVENT

**JAMES VILES,  
BIOTA DINING AND ROOMS**

James Viles is the chef and owner of Biota Dining and Rooms, a restaurant in Bowral, NSW, with two chef's hats. Using fresh produce, James will teach you how to create two restaurant-quality dishes for you to enjoy with wine.

**WHERE** Harvey Norman/Domayne

84 O'Riordan St,  
Alexandria, NSW  
(02) 8339 7000

**WHEN** 7pm, Tuesday,  
September 8

**PRICE** \$75\* for canapes, two courses  
and matching wines

**BOOK** Visit: [moshtix.com.au/hnmasterclass](http://moshtix.com.au/hnmasterclass)



## MELBOURNE EVENT

**JAKE KELLIE,  
ESTELLE BISTRO**

Acclaimed chef Jake Kellie works at Estelle Bistro in Melbourne, where there is a strong focus on sourcing the best produce. On the night, Jake will demonstrate how to cook two special dishes for you to enjoy with wine.

**WHERE** Harvey Norman  
699 Warrigal Rd,  
Chadstone, Vic  
(03) 9567 6666

**WHEN** 7pm, Tuesday,  
September 15

**PRICE** \$75\* for canapes, two courses  
and matching wines

**BOOK** Visit: [moshtix.com.au/hnmasterclass](http://moshtix.com.au/hnmasterclass)

FOR ALL EVENT DETAILS, VISIT: [HN.COM.AU/PRIDEANDPRODUCE](http://HN.COM.AU/PRIDEANDPRODUCE)

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\*Booking fees apply.





# *diverse* DROPS

This month, **Mike Bennie** turns his attention to the homegrown wines and spirits that he reckons make us the envy of the world.

## fair play

You could drive a ute around with a dingo in the back tray, eating a meat pie and chanting "Aussie Aussie Aussie, Oi Oi Oi". Or, you could take some lessons from the Australian wine industry to better understand what Australian culture might mean.

You could start off with some chest-beating about our old vines. Not the kind that look all scraggly and hang off the back of someone's turn-of-the-century terrace house, but vineyards that date all the way back to the middle of the 19th century.

In the Barossa Valley, the Cirillo family are custodians of grenache and mataro vines dating back to the 1850s. Over in the Eden Valley, Henschke's Hill Of Grace vineyard produces the only wine from Australia to rival Penfolds Grange for fame and prestige. The bucolic vineyard was planted in the 1860s and continues to produce fruit that creates the long-lived Hill Of Grace shiraz wine. Meanwhile, in Victoria, Tahbilk winery has been producing wines since 1860.

These are just a few of the old vine plantings that dot Australian winegrowing regions. We're the envy of most parts of the winemaking world for our incredible wealth of ancient vines, and in turn, the wines produced from these amazing resources have a potency, depth and interest that make them truly unique.

Sure, we don't come with the same age-old grapegrowing history that our European brothers enjoy, but we certainly have made a decent grape of this winemaking game. What's more, our wines reflect our own historical ties to this wide, brown land. Advance Australian wine fair.



## FOUR PILLARS GUNPOWDER PROOF

**GIN, \$100** Those game enough to make a martini from this punchy, Yarra Valley-distilled gin will notice the big hit of citrus and exotic Asian spice character bursting out of the cocktail glass. Its best use is with tonic water for a perfect, full-flavoured G&T.



## DEAD MAN'S DROP BLACK SPICED RUM, \$70

Most Australian rum comes with excessive sweetness and an urge to run a mile, but this – Australia's first owned-and-made black spiced rum – is complex, smooth and, best yet, free of preservatives. Expect notes of ringwood, orange peel and vanilla bean.



## THE WINESMITHS PINOT GRIGIO, \$18

Hip design. Low-carbon footprint. Handy two-litre pack. Cask wine is an Aussie innovation that has been given a reinvention thanks to The Winesmiths in South Australia. This is a ripper drink built for guzzling with gusto or tossing some ice into. Great value, too.



## TYRRELL'S WINES VAT 1 SEMILLON 2014, \$40

One of Australia's most distinct and iconic wine styles is Hunter Valley semillon. Squeaky acidity, purity of fruit and a youthful energy makes for sensational drinking while young, but mellow and honeyed with cellar age. The ultimate complement to seafood.



## BAILEYS OF GLENROWAN 1920S BLOCK SHIRAZ

**2013, \$45** What could be more Australian than a rich, silky-textured shiraz from vines (planted circa 1920) grown in the bushranger country of Glenrowan? This drop seduces with its moreish dark fruit and gentle herbal complexity, and comes to the fore with a charred piece of beef.



## CHAMBERS RUTHERGLEN GRAND MUSCAT, \$63

The fortified wines of our wide, brown land, with their rich, sticky texture and dark, treacle-like intensity, are true icons of Australian winemaking. One of the best producers of these incredibly complex, old-school wine styles is Chambers and this muscat is simply yummy. ✂



MIKE MCENEARNEY.

# *make it from* **SCRATCH**

Before commercial additives, we preserved the season's windfall produce. **Mike McEneaney** revives the forgotten art.

PHOTOGRAPHY BRETT STEVENS STYLING LUCY TWEED



**BY ITS VERY NATURE**, food begins to spoil the moment it has been picked or harvested. Before refrigeration, commercial canning or artificial preservatives, people relied on the elements to preserve their food.

Early evidence of food preservation dates to Ancient Roman times, where primitive recipes illustrate attempts involving storing goods in honey or oil, or air-drying, pickling, fermenting or smoking. In these ancient recipes, there is constant reference to selecting the 'best' or most 'perfect' pieces of fruit. This highlights the fact that true preservation is about choosing produce at the height of its season and preserving it so it can be enjoyed year round.

Preserved, pickled or fermented fruit and vegetables can be found all around the world, from umeboshi plum in Japan and preserved lemons in Indian and North African cuisine to a variety of fruit jams everywhere and, of course, dill pickles, cornichons and gherkins, which are commonplace on our supermarket shelves. To avoid wastage, I even pickle watermelon rind – it's a perfect match for cured meats.

With the huge industry of importing and exporting produce, the art of preserving food has somewhat lost its urgency in our modern diet. Many countries now rely on the seasonality patterns of other locations for their fruit and vegetables. However, in an attempt to eat as locally as possible, preserving is enjoying a renaissance, allowing us to eat perfectly ripe seasonal fruit all year long.

## **BOTTLED PEARS**

**MAKES 3L JAR**

*There is much to be said for canned and bottled fruit. The Europeans hold it in high esteem and usually only the finest fruit is kept for this purpose, presented in syrup set in stunning tall glass jars. This is as close as it gets to eating fruit out of season that still tastes its very best. Any orchard fruit works well and you can adjust the syrup according to your palate. For a slightly sweeter version, use 60 per cent sugar to 40 per cent water. Or, for a more natural flavoured syrup, use 40 per cent sugar and 60 per cent water. Syrup choice also depends on the fruit. I find sharper varieties, such as plums and quince, work well in the heavier 60/40 sugar-water syrup, while in this recipe for pears (as well as apples, peaches and nectarines), the standard, lighter 50/50 syrup works nicely.*

**8 beurre bosc pears, peeled, cored, halved or quartered if large**  
**2kg caster sugar**  
**1 tsp citric acid**

Place the pears in a 3L-capacity (12 cup) sterilised jar. Place sugar, 2L (8 cups) warm water and citric acid in a bowl and stir until sugar dissolves. Pour over pears until fully submerged in the jar. Secure with a lid (but not too tightly). Place jar in a stockpot with enough water to come three-quarters up side of jar. Bring to the boil over high heat, then reduce heat to medium and cook for 1 hour.

Remove jar from pan and immediately secure the lid tightly to form a vacuum.

Once cool, tap the lid to check if it clicks. If not, chances are it has not preserved properly. Cook for a further 15 minutes, then tap the lid again to check.

Set aside to cool completely, then store in a cool, dark place for 1 month or until required. Once open, store in the fridge.

## **RASPBERRY VINEGAR**

**MAKES 700ML BOTTLE**

*Another interesting way to preserve and use up blemished fruit is homemade vinegar or flavoured vinegar. The former takes a minimum of one month to ferment and you also need a 'mother' to help the vinegar form. As most of us are time poor, here's a recipe for flavoured raspberry vinegar, which looks great in a glass bottle and only takes a few days to make. Blackberries, blackcurrants and any other delicate fruit that blemishes easily also work well. It will keep for up to 4 months.*

**4 x 125g punnets raspberries**  
**100g caster sugar**  
**2 cups (500ml) organic unfiltered apple cider vinegar**

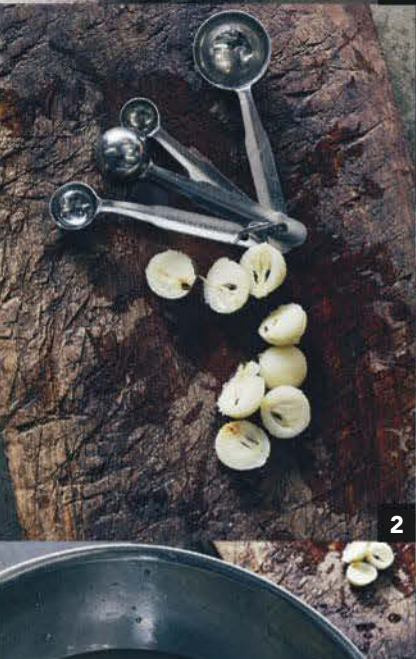
Place berries in a non-reactive bowl and toss with sugar. Crush berries with a fork, then stir to dissolve sugar. Pour over vinegar and stir to combine. Cover and set aside at room temperature for 1 week to steep.

Place in a colander lined with muslin or clean Chux and set over a bowl. Strain for 1 hour – do not press pulp or vinegar will become cloudy. Pour into a 700ml-capacity sterilised bottle, then seal with a lid. Store in a cool, dark place until ready to use. ✕





1 5



2



3



4



## HOW TO STERILISE

- Preheat oven to 120°C.
- Wash heatproof jars and lids, and a pair of tongs in hot soapy water, then rinse thoroughly. Use the tongs to place jars and lids on a baking tray, with the top of jars and lids facing upwards.
- Carefully transfer tray to oven and heat for 20 minutes. Remove tray from oven and use tongs when handling.

## STEP-BY-STEP

1. Sterilise heatproof jars and lids. Place, upside-down, on a clean tea towel until needed.
2. Use a melon baller to core the pears.
3. As you peel and core the pears, place in a bowl of acidulated water to prevent browning.
4. Place pear and sugar syrup in a sterilised jar and loosely secure lid. Place in a stockpot and add enough water to come three-quarters up side of jar.
5. Reserve raspberry pulp and serve with bottled pears and yoghurt.



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## MEAT MARKET.



We welcome mates **Colin Fassnidge** and butcher **Anthony Puharich** of Sydney's Vic's Meats to the team with a new monthly column where Anthony challenges Colin by throwing his top cuts onto the butcher's block to see if the chef can come up with the goods.

**A** I knew this would be a curve ball for Colin, so I admit I tried to set him up. In fact, Colin rang me up and asked, "what's oyster blade?"

**C** No, I didn't say that. You tried to set me up! You see there's two ways of cooking oyster blade, so I asked Anthony, "what way do you want to play this mate, grill or slow-cook?" – he's the butcher after all.

**A** I know how much Colin loves his braising cuts because of his Irish heritage, but I thought he might like to grill... you know he's good at that!

**C** See! He tried to set me up! I always learn from Anthony, but once you take the meat out of the factory...

**A** ... the expert takes over [laughs].

**C** This dish of licorice-braised meat spins people out, but it blows them away at the same time. They think it's going to be sweet, but it's the umami effect of the flavour combination that's so satisfying.

**A** The licorice is earthy and a complement to the beef. I don't really like licorice, but I love this dish. The cauliflower porridge worked for me, surprisingly – sorry buddy!

Cauliflower is not number one on my list of vegetables.

**C** That's a mistake! Cauliflower is the best; there are so many ways to use it – roasted, steamed, fried or turned into a savoury porridge. A mate who owns a cafe in [Sydney's] Coogee has put my cauliflower porridge on the breakfast menu with jalapeno, cheese and chilli sauce.

**A** Get outta here! So it's a breakfast thing?

**C** It can be. I was up the north coast on holidays with my family when I made this...

**A** ... what this is a new dish?

**C** I only created it a few weeks ago. I was making cauliflower puree for the kids, but I didn't have a blender, so I had to finely chop the cauliflower and cook it in a pan, then I added oats and cheese to thicken it up. I thought: 'What a f\*cking good idea!'

**A** It's ground breaking. I think he's just trying to catch up to Heston Blumenthal with his infamous snail porridge.

**C** Nah mate, I would have done slug porridge... No, caterpillar porridge!

**A** No mate, witchetty grub porridge if we're going to champion Aussie produce.

### LICORICE-BRAISED OYSTER BLADE WITH CAULIFLOWER PORRIDGE

SERVES 8

2 tbs olive oil  
1kg beef oyster blade  
2L (8 cups) chicken stock  
2 each onions, carrots and celery stalks, roughly chopped  
2 star anise  
40g dried licorice root (from Herbie's Spices)  
1 each cinnamon quill and bay leaf  
20g unsalted butter  
1 cup (70g) sourdough breadcrumbs

#### CAULIFLOWER PORRIDGE

40g unsalted butter  
1 onion, finely chopped  
3 garlic cloves, finely chopped  
1/2 cauliflower, roughly chopped  
1 cup (250ml) white wine  
1 parmesan rind  
2 cups (500ml) pure (thin) cream  
2 cups (500ml) milk  
200g rolled oats

Preheat oven to 100°C. Heat oil in a large casserole over high heat. Season beef with salt and cook, turning, for 10 minutes or until browned. Add stock and vegetables, and bring to the boil.

Toast star anise, licorice, cinnamon and bay in a dry pan over medium heat for 3 minutes or until fragrant. Add to casserole, cover and roast for 6 hours or until meat is tender. Set aside, covered, for 40 minutes. Shred meat.

Melt the butter in a frypan over medium-high heat. Add breadcrumbs and cook, stirring, for 6 minutes or until golden and crisp. Season.

For porridge, cook butter, onion, garlic and cauliflower in a large pan over medium heat, stirring, for 10 minutes or until softened. Add wine and simmer for 5 minutes or until reduced. Add parmesan, cream and milk, and bring to a simmer. Reduce heat to medium-low and add oats. Cook, stirring, for 5 minutes or until oats are tender. Season and sprinkle with crumbs. Serve with beef. ✂

@cfassnidge @colinfassnidge @askthebutcher\_ @askthebutcher\_

INTERVIEW SHANNON HARLEY PORTRAIT PHOTOGRAPHY SHARYN CAIRNS  
PHOTOGRAPHY JEREMY SIMONS STYLING LUCY TWEED  
Oyster blade: cast-iron round Dutch oven in grey, Williams-Sonoma; and 'Pebble Bowl' small cereal bowl in slate steel, Mud Australia. For stockist details, see Directory, p 150.





## **BUTCHER'S CUT** *oyster blade*



Considered the best part of the beef shoulder, the oyster blade sits on the shoulder blade, dissected by a thin streak of fat. It's one of those little gems that most people wouldn't even think about using and there are two very different ways to cook it: slow-cooked for hours to a soft, fall-apart French-style beef daube, or seared in a frypan or chargrill pan over high heat to a perfect medium-rare steak.



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I'M LOVING.



# *i'm loving...* **SILVERBEET**

**Matt Preston** waxes lyrical about the oft-forgotten green goddess of the vegie patch, and declares it's time to dig silverbeet.

IMAGINE YOU ARE A GORGEOUS, willowy silverbeet plant of statuesque beauty with stems as long as a supermodel's legs. Your rightful place as queen green was usurped by English spinach, baby spinach and now kale (silverbeet with a disco perm). Isn't it about time we bury the lie told by English culinary great Elizabeth David that you are bland?

Whereas that uppity Tuscan kale might look like it's dressed in fashionable frills, silverbeet is down to earth. It's as hardworking and versatile as a tradie, offering you luscious shiny green leaves and the stem to cook. It has a noble past, too. Sure, its Latin name might be *beta vulgaris*, but this leaf was always at home among aristocracy. It's one of the vegetables recorded as growing in the Hanging Gardens of Babylon, it was grown at Versailles, and it was also prominent in George Washington's garden at Mount Vernon. It also appeared in the writings of Aristotle. How often is silverbeet mentioned? Let me tell you... cavolo zero!

In Provence, they prize the white stems of silverbeet like asparagus, while in Italy, the stem of the silverbeet has its own name, *costa*, which is a mark of preciousness. I like to cook the stalks down into a puree with cream and nutmeg, or fry them in olive oil to toss through a robust chunky Italian soup like minestrone. The leaves can follow closer to serving time. It isn't just the Italians who prize the whole veg for soup. Portugal's national dish *cald verde* (green soup) is made with silverbeet. And, of course, the leaves are lovely, chopped with Greek cheese to fill *spanakopita* (spinach pie), or wilted and tossed with blue cheese and walnuts to spoon over gnocchi.

After five years cooking from The River Cafe cookbooks, visiting the original Thames-side location of the restaurant in London was made extra special for the woman I love because she could finally find out what this magical veg they kept cooking all the time was, the very exotic sounding Swiss chard. A veg that sounds like it should live in a glamorous two-level mountain chalet, wear an expensive watch and enjoy skiing moguls with all the grace of James Bond. "It's just silverbeet," said the Aussie-born waiter, and my love never mentioned Swiss chard again.

While those Gen-Y kales now claim a dizzying array of health benefits, silverbeet has long been used by herbalists. Since the Roman days, the juice of the leaves has been associated with cancer cures and soothing toothaches, while renowned 17th-century herbalist Nicholas Culpeper proscribed it to combat both vertigo and headaches. Today, science tells us silverbeet should be praised for its high levels of vitamins A, K and C, as well as being high in minerals such as potassium, iron, zinc and manganese.

If you're still not convinced, make like the Canadians of the 1870s and grow it just to plough back into the ground as 'green manure'.

## **WILTED SILVERBEET WITH CHICKPEAS, CHORIZO & CRISPY POTATOES**

**SERVES 4**

600g sebago potatoes, peeled, chopped  
1/3 cup (80ml) extra virgin olive oil  
300g chorizo, cut into 1cm-thick slices  
80g manchego, cut into 1.5cm pieces  
400g can chickpeas, rinsed, drained  
1/2 tsp ground cumin  
1 tsp smoked paprika (pimenton)  
1/4 tsp cayenne pepper  
1 bunch silverbeet, leaves separated, stalks cut into 5cm pieces  
1/2 cup (125ml) dry sherry  
75g blanched almonds, toasted, chopped  
Lemon wedges, to serve

Preheat the oven to 180°C. Cook potato in a saucepan of boiling salted water over high heat for 10 minutes or until tender. Drain, shake in a colander, then place on a baking paper-lined baking tray. Drizzle with 2 tbs oil and roast for 30 minutes or until light golden. Add chorizo and roast for 15 minutes or until crisp. Remove potato and chorizo from tray, draining and reserving chorizo oil. Add manchego to tray, and roast for 5 minutes or until melted.

Meanwhile, heat remaining 2 tbs oil in a frypan with a lid over medium-high heat. Add chickpeas, then cover and cook for 2-3 minutes until crisp. Drain. Transfer to a bowl and toss with cumin, paprika, cayenne and 1 tsp salt.

Heat chorizo oil in a frypan over medium heat. Cook silverbeet stalks for 3-4 minutes until slightly tender. Remove stalks and set aside. Add sherry and cook for 2-3 minutes until reduced by half. Add stalks and silverbeet leaves to pan and cook, tossing, for 2 minutes or until wilted. Serve silverbeet with cooking juices, potatoes, chickpeas, manchego, chorizo, almonds and lemon wedges. ✕



@mattscravat



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Wilted silverbeet with  
chickpeas, chorizo  
& crispy potatoes





# WINE & DINE

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## HARBOUR ROCKS HOTEL SYDNEY

In the heart of Sydney lies the beautiful Harbour Rocks Hotel. Enjoy an intimate evening in the famous Rocks precinct with author and critic, Alison Croggon. Alison, who has written everything from opera libretti to fantasy novels is looking forward to sharing her words, stories and thoughts with guests over dessert.

**WHEN:** 6.30pm, Friday, September 25

**WHERE:** Harbour Rocks Hotel, 34 Harrington St, The Rocks, Sydney

**PRICE:** \$125 per person

**BOOK:** (02) 8220 9999

**CLOCKWISE (from top left):** Scarlett Restaurant; Harbour Rocks Hotel exterior; Eric's Bar Reception; Garden Bar.



## Harbour Rocks Hotel Sydney Menu

Seared scallops wrapped in crispy prosciutto with raisin and caper vinaigrette

~

Roast beef fillet served with grilled asparagus, shimeji mushrooms, bone marrow and jus

~

Banana creme brulee with peanut brittle ice cream

~

Served with matching wines and a dessert cocktail: Rackhouse Flip





## FAIRMONT RESORT BLUE MOUNTAINS

Situated in the World Heritage-listed Blue Mountains National Park overlooking the spectacular Jamison Valley, Fairmont Resort is the perfect place to unwind. Multiple award-winning author Toni Jordan, shortlisted for the Barbara Jefferis Award and longlisted for the Miles Franklin, will reveal what it takes to write novels published in 17 countries.

**WHEN:** from 6.30pm, Friday, September 4

**WHERE:** Fairmont Resort Blue Mountains, 1 Sublime Rd, Leura

**PRICE:** Why not stay for the weekend? Overnight accommodation in a Superior Room, full buffet breakfast in Jamison's Restaurant, and the Literary Collection event. For two: \$469, for one: \$329. Literary Collection event only: \$140 per person.

**BOOK:** (02) 4785 0000



## *Fairmont Resort Menu*

Scallop with parsnip puree and sauce vierge;  
Crisp pork belly with green papaya,  
drizzled with sweet & sour sauce

~

Wagyu beef tartare with baby radish, crispy  
tendon crackling, drizzled with oyster mayonnaise

~

Grilled Milly Hill rack of lamb and confit lamb  
breast on a bed of cauliflower puree;  
French sorrel with white rosemary jus

~

Medley of green vegetables;  
Potato puree;  
Mixed leaf salad with red wine vinaigrette

~

Molten chocolate soufflé with Frangelico anglaise

~

*Sparkling wine on arrival and matching  
wines served with each course*



**CLOCKWISE (from top left):**  
Fairmont Resort exterior; Jamison  
Valley, Blue Mountains; Embers Bar.



Gem Suite



## THE COMO MELBOURNE

Located in Melbourne's fashion district, Chapel Street, the vibrant Como Melbourne is the epitome of chic style and elegance.

It's the place to stay for many celebrities and acclaimed artists visiting Melbourne including

Debra Oswald. With a glass of champagne or a cocktail in hand, listen to what it takes to co-create and write the successful TV series *Offspring*, *Police Rescue* and *Bananas in Pyjamas*.

**WHEN:** 6.30pm, Thursday, September 17

**WHERE:** The Como Melbourne, 630 Chapel St, South Yarra, Melbourne

**PRICE:** \$125 per person

**BOOK:** (03) 9825 2222

## *The Como Menu*

Asparagus, haloumi and pancetta;  
Kangaroo, wattle seed and raspberry coulis;  
Scallop and cauliflower puree

~

Terrine of smoked and confit duck with  
fig and lime chutney and soft herb salad

~

King George whiting, carrot tarte tartin  
with rocket and lemon;  
Beef eye fillet, potato rosti and asparagus spears

~

Broadbeans, silverbeet, green beans and artichoke;  
Beetroot, wild rice, spinach with fresh raspberries

~

Chilli and dark chocolate pudding with  
vanilla bean ice cream and popping candy

~

*Taittinger Champagne on arrival, signature  
cocktails and matching wines*

*\*When booking please advise of any dietary requirements*

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# savour



**BEST OF AUSTRALIA 82 | HEALTHY EVERYDAY EATS 90**  
**MATT MORAN'S MEATY RECIPES 96 | ZERO-WASTE COOKING 102**  
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VALLI'S KITCHEN DIARY.

# straight TO THE SOURCE

Our Australian food heroes work tirelessly to produce a wondrous bounty. Here, **Valli Little** celebrates the best of the Paddock, Dairy, Earth and Sea with her recipes featuring the 2015 *delicious*. Produce Awards winners.

RECIPES VALLI LITTLE PHOTOGRAPHY PETRINA TINSLAY STYLING DAVID MORGAN

Honey milk creams.  
**OPPOSITE:** milk-poached  
smoked cod with bacon  
(recipes p 88).









*"Each year I am excited to see new and interesting products join the ranks of the delicious. Produce Awards, and this year didn't disappoint with live snails from Queensland!"*

**BEING A JUDGE IN THE DELICIOUS. PRODUCE AWARDS** would have to be one of the highlights of my year. Daunting though it is to spend two days eating non-stop, I am in great company with my fellow judges, and the wealth of produce that we get to review and taste is always inspiring.

Each year I am excited to see new and interesting products join the ranks. This year, there were live snails from Gourmet Glass Snails in Queensland, milk kefir (fermented milk) from The Fermentary in Victoria, and some truly delicious cheeses – more than we have ever seen in the dairy category before – as well as the usual exceptional quality meat and seafood.

This month, I consider myself particularly lucky as I also get to develop recipes for my kitchen diary from the winning produce. The following recipes include the overall winner, the sensational Pyengana Dairy Company tasty cheddar, as well as German bacon from Backfatters Heritage Breed Free Range Pig Farm, Skull Island tiger prawns, biodynamic organic full-cream milk from Mungalli Creek Dairy and Schulz Organic Dairy organic full-cream milk, Kurrawong Organics beetroot and broccoli, Wellington Apiary Prickly Box honey and the incredible 4kg Sommerlad breed whole chicken from Milking Yard Farm.

When I reflect on how different things were from a produce perspective when I arrived in Australia over 30 years ago, it is so inspiring to see the diverse range of produce now available. The future is looking bright.



@vallilittle



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## TIGER PRAWNS WITH CHERMOULA BUTTER

SERVES 4

- 125g unsalted butter, softened
- 1 long red chilli, seeds removed, chopped, plus extra thinly sliced chilli to serve
- 1 garlic clove, finely chopped
- 1 tbs finely grated lemon zest
- 2 tsp ground cumin
- 1 tsp sweet paprika
- 1/3 cup chopped coriander leaves, plus extra whole leaves to serve
- 1 cup (200g) couscous
- 2 tbs extra virgin olive oil
- 12 green Skull Island tiger prawns (shells on)
- 1 small red onion, thinly sliced

To make the chermoula butter, whiz the butter, chilli, garlic and half each of the lemon zest, cumin, paprika and coriander in a small food processor until combined. Place a 30cm long sheet of baking paper on a work surface and top with butter mixture. Form into a 12cm log, then roll up baking paper and twist ends to secure. Chill for 1 hour or until firm.

Place the couscous, remaining lemon zest, cumin and paprika, and 1 tsp sea salt in a bowl and stir to combine. Cover with 1 cup (250ml) boiling water, then cover with a tea towel and set aside for 15 minutes or until liquid is absorbed.

Meanwhile, heat oil in a frypan or wok over high heat. Season prawns, then cook, turning once, for 3-4 minutes until prawns turn pink. Slice chermoula butter into four 3cm-thick slices and add to the pan, tossing the prawns to coat.

Fluff the couscous with a fork, then add onion and remaining coriander, and stir to combine. Divide couscous among plates, and top with prawns, extra chilli and whole coriander leaves to serve.



Tiger prawns with  
chermoula butter





Roast chicken with winter fruits. **OPPOSITE:** minty lamb with beetroot and charred broccoli.





## ROAST CHICKEN WITH WINTER FRUITS

SERVES 8

*This special breed of chicken ranges in size from 2kg to 4.5kg. Adjust the cooking time according to the size of your bird.*

- 2 tbs chopped thyme leaves, plus 3 extra sprigs
- 100g unsalted butter, softened, chopped
- 4kg Milking Yard Farm Sommerlad breed whole chicken
- $\frac{2}{3}$  cup (100g) frozen cranberries, thawed
- 2 pears, quartered
- 2 red apples, cut into thick wedges
- 4 plums, halved
- 2 red onions, cut into thick wedges
- $\frac{1}{3}$  cup (80ml) maple syrup
- 2 cups (500ml) chicken stock
- Fried sage leaves (optional), to serve

Preheat oven to 160°C. Combine thyme leaves and butter in a bowl. Carefully run your hand under chicken breast and thigh to loosen skin, being careful not to tear skin. Rub butter onto breast and thigh under skin, spreading to coat evenly. Season, then tie legs together with kitchen string. Place in a large flameproof roasting pan and cover pan with a sheet of baking paper, then a sheet of foil. Roast for 2 hours.

Meanwhile, place fruit, onion and maple syrup in a bowl. Season and toss to combine. Remove chicken from oven and discard foil and baking paper. Arrange fruit and onion around chicken, then scatter with extra thyme sprigs. Bake, turning fruit mixture twice, for a further 45 minutes, or until the chicken breast registers 70°C with a kitchen thermometer and juices run clear when the thickest part of the chicken thigh is pierced with a skewer. Transfer chicken and fruit to a platter. Rest, loosely covered with foil, for 15 minutes.

Skim excess fat from pan and discard. Return pan to medium heat. Add stock and bring to the boil, then reduce heat to medium-low. Cook for 12 minutes or until jus is thickened and reduced. Season.

Serve the chicken with roasted fruit, onion, jus and fried sage leaves, if using.

## MINTY LAMB WITH BEETROOT AND CHARRED BROCCOLI

SERVES 4

- $\frac{1}{2}$  bunch mint, leaves chopped
- $\frac{1}{2}$  bunch flat-leaf parsley, leaves chopped
- $\frac{1}{4}$  cup (40g) pine nuts, toasted
- 2 tbs grated parmesan
- 1 garlic clove, finely chopped
- $\frac{2}{3}$  cup (165ml) olive oil, plus extra to brush
- 12 x French-trimmed lamb cutlets
- 3 tsp dried mint
- 1 Kurrawong Organics broccoli, sliced lengthways
- $1\frac{1}{2}$  tbs lemon juice
- 100g watercress
- 2 Kurrawong Organics beetroots, cut into thin matchsticks
- 120g marinated feta, drained, crumbled

Whiz the fresh mint, parsley, pine nuts, parmesan and garlic in a food processor

until a paste. Gradually add  $\frac{1}{2}$  cup (125ml) oil and whiz until combined. Set aside.

Brush lamb with a little extra oil, then season and coat in dried mint. In a separate bowl, toss broccoli and 1 tbs oil. Preheat a chargrill pan to medium-high heat. Cook broccoli, turning, for 3-4 minutes until lightly charred. Set aside. Cook lamb for 4 minutes each side for medium-rare or until cooked to your liking.

Whisk the lemon juice and remaining 1 tbs oil together in a bowl. Season.

Arrange broccoli, watercress, beetroot and feta on a platter. Top with the lamb, then drizzle over lemon dressing and mint pesto to serve.

## CAULIFLOWER CHEESE TART

SERVES 6

- $1\frac{1}{2}$  cups (225g) plain flour
- 140g cold unsalted butter, chopped
- 3 eggs, plus 1 extra egg yolk
- 1 small cauliflower, cut into small florets





## VALLI'S KITCHEN DIARY.



Cauliflower  
cheese tart

1 tbs olive oil  
1 small onion, finely chopped  
100g Backfatters German bacon, chopped  
300ml thickened cream  
Pinch of freshly grated nutmeg  
175g Pyengana tasty cheddar, grated

Place flour in a food processor with a pinch of salt. Add the butter and process until mixture resembles fine crumbs. Add extra egg yolk and  $\frac{1}{4}$  cup (60ml) cold water, and process until smooth. Shape into a disc and enclose in plastic wrap. Chill for 30 minutes.

Preheat oven to 180°C. Grease a 23cm loose-bottom tart pan. Roll out pastry on a lightly floured surface until 3mm thick, then use to line pan, trimming excess. Chill for 30 minutes. Line with baking paper and fill with baking weights. Bake for 8 minutes, then remove weights and paper. Bake for a further 2 minutes or until dry and golden.

Meanwhile, place cauliflower in a pan of cold salted water. Bring to the boil over high heat. Reduce heat to medium-low

and cook for 5 minutes or until just tender. Drain and set aside to cool slightly.

Heat oil in a frypan over low heat. Cook the onion and bacon for 2-3 minutes until onion is softened and bacon starts to crisp. Set aside. In a separate bowl, beat the eggs, cream and nutmeg. Season.

Scatter onion mixture over tart, then scatter over cauliflower and half the cheese. Pour over egg mixture, then scatter over remaining cheese. Bake for 30 minutes or until golden. Cool for 30 minutes and serve.

### MILK-POACHED SMOKED COD WITH BACON

SERVES 4

300g chat potatoes, thinly sliced  
1 tbs olive oil  
100g Backfatters German bacon, chopped  
1 onion, thinly sliced  
500g undyed smoked cod  
300ml Schulz Organic full-cream milk

300ml thickened cream  
1 bay leaf  
2 thyme sprigs

Cook potato in a pan of boiling salted water for 8 minutes or until tender. Drain.

Heat oil in a deep frypan over medium heat. Add the bacon and cook, stirring, for 2-3 minutes until crisp. Remove with a slotted spoon and drain on paper towel.

Reduce heat to medium-low, add onion to pan and cook, stirring, for 2-3 minutes until softened but not coloured. Add fish, milk, cream, bay leaf and thyme, then season. Cover surface with baking paper and poach for 6-8 minutes until the fish flakes easily with a fork. Add potato and cook for 5 minutes to warm through.

Using a slotted spoon, carefully remove fish and potato, and transfer to a platter. Strain poaching liquid, reserving bay leaf and thyme, then pour over fish and potato. Top with the bacon and reserved bay leaf and thyme to serve.

### HONEY MILK CREAMS

MAKES 6

*Begin this recipe 1 day ahead.*

4 titanium-strength gelatine leaves  
600ml Mungalli Creek Djary biodynamic organic full-cream milk  
300ml pure (thin) cream  
150ml Wellington Apiary Prickly Box honey  
1 vanilla bean, split, seeds scraped  
Store-bought candied cumquats in syrup, to serve

Soak gelatine in cold water for 5 minutes to soften. Combine milk, cream, honey and vanilla pod and seeds in a saucepan over medium-low heat, and bring to just below boiling. Remove from heat and discard vanilla pod. Squeeze excess water from gelatine, then stir into milk mixture until melted and combined. Divide the mixture evenly among six greased 180ml jelly moulds. Cool slightly, then cover and chill overnight until set.

The next day, carefully un mould the honey creams. Serve with the candied cumquats and drizzle with their syrup. ✕



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**SUPER  
FOOD**

Chicken broth with kale,  
quinoa and preserved  
lemon. **OPPOSITE:** spiced  
salmon with coconut &  
cashew cauliflower rice  
(recipes p 93).



# balancing **ACT**

Paleo, gluten-free, sugar-free, superfoods, low-carb, high-protein – they're the buzzwords when it comes to eating yourself healthy, but how do you inject them into everyday mealtimes? **Shannon Harley** answers the call with a new monthly column packed with healthy inspiration.

PHOTOGRAPHY JEREMY SIMONS STYLING KRISTEN WILSON



@misspamplemousse



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**LOW  
CARB**





**HIGH  
PROTEIN**

Roast lamb with oregano, pink  
grapefruit & chilli salsa



## CHICKEN BROTH WITH KALE, QUINOA AND PRESERVED LEMON

**SERVES 6-8**

*I love this recipe because you poach the whole chicken and make the stock in one go.*

1.4kg whole chicken  
2 tsp whole black peppercorns  
1 onion, halved  
2 carrots, halved  
4 bay leaves  
12 garlic cloves  
10 lemon thyme or regular thyme sprigs  
5 celery stalks  
1 fennel bulb  
1 cup (200g) white quinoa  
2 tbs olive oil  
4 anchovies in oil, drained  
2 preserved lemon quarters, flesh removed, zest thinly sliced  
1 long green chilli, thinly sliced on an angle  
1/4 cup (60ml) verjuice  
50g baby kale or 1/2 bunch torn kale leaves  
Juice of 1/2 lemon (optional)  
Toasted pumpkin seeds (pepitas – optional), to serve

Place chicken, peppercorns, onion, carrot, bay leaves, 10 garlic cloves, 5 thyme sprigs, 2 celery stalks and 1 tbs salt in a stockpot and cover with water. Cut woody stalks from fennel and add to pot along with fronds, reserving fennel bulb. Place pot over high heat and bring to the boil, then reduce heat to medium-low and simmer for 1 hour or until chicken is cooked through. If chicken floats, top with a plate to keep it submerged. Cool chicken in pan, then transfer to a plate and set aside.

Strain stock through a sieve lined with muslin or clean Chux, discarding solids. When cool, skim any impurities on surface.

Rinse quinoa under cold running water, then place in a saucepan with 2 cups (500ml) stock. Bring to the boil, then reduce heat to medium-low and cook, covered, for 10 minutes or until cooked but slightly al dente. Set aside.

Heat the oil in a large saucepan over medium heat. Thickly slice the remaining 3 celery stalks on an angle and add to pan with anchovy and preserved lemon. Cook,

stirring, for 2-3 minutes until slightly softened. Finely chop remaining 2 garlic cloves, then add to the pan with chilli and cook, stirring, for 1-2 minutes until starting to soften. Using a mandoline, thinly slice the fennel bulb, then add to the pan and cook for a further 1-2 minutes. Season well, then add verjuice and cook, stirring, for 2-3 minutes. Add remaining stock and 5 thyme sprigs. Bring to the boil, then reduce heat to medium-low and cook for 10 minutes or until warmed through.

Remove breast meat and legs from the chicken and cut into thick slices, then add to the pan. Simmer for a further 5 minutes, then add kale and cooked quinoa. Cook for a final 5 minutes or until kale is wilted. Season and add lemon juice, if using. Sprinkle with pepitas, if using, to serve.

## SPICED SALMON WITH COCONUT & CASHEW CAULIFLOWER RICE

**SERVES 4**

2 tbs coconut oil  
1 onion, finely chopped  
1 cinnamon quill  
1 cauliflower, roughly chopped  
1 tsp each ground cumin, ground turmeric and dried chilli flakes  
400ml can coconut milk  
3/4 cup (110g) roasted cashews  
4 x 180g centre-cut salmon fillets (skin on)  
1 1/2 tbs brown mustard seeds  
1 tbs coriander seeds  
Juice of 1 orange  
1 long green chilli, thinly sliced  
Coriander leaves, to serve

Melt 2 tsp coconut oil in a large pan over medium heat. Add onion and cinnamon, and cook, stirring, for 3 minutes or until golden. Whiz cauliflower in a food processor until finely chopped like rice, then add to pan with cumin, turmeric and dried chilli. Cook, stirring, for 3 minutes or until combined. Add coconut milk, cashews and 1/2 cup (125ml) water. Season with salt, then partially cover with a lid, reduce heat to medium-low and cook, stirring occasionally, for 15 minutes or until thick.

Melt 2 tsp coconut oil in a large frypan over medium-high heat. Season salmon

with salt, then cook, skin-side down, for 4 minutes or until skin is crisp. Turn and cook for a further 3 minutes or until just cooked. Transfer to a plate, reserving cooking oil in pan. Rest salmon, loosely covered with foil, for 5 minutes.

Return pan to heat with remaining 1 tbs coconut oil. When hot, add mustard and coriander seeds, and cook for 1 minute or until fragrant and starting to pop. Remove from heat and stir in orange juice.

Divide cauliflower rice among plates. Top with salmon and green chilli, and spoon over coriander seed oil. Serve with coriander leaves.

## ROAST LAMB WITH OREGANO, PINK GRAPEFRUIT & CHILLI SALSA

**SERVES 4**

6 parsnips, quartered lengthways through the root  
1/3 cup (80ml) extra virgin olive oil  
2 tsp each sweet paprika, ground cinnamon and ground cumin  
4 thyme sprigs, leaves picked  
2 pink grapefruit, segmented over a bowl, juice reserved  
2 x 450g lamb rumps, tied (ask your butcher to do this)  
1/2 bunch oregano, leaves picked  
2 small red chillies, finely chopped  
100g goat's feta, crumbled

Preheat oven to 180°C. Place parsnips on a baking tray, drizzle with 1 tbs oil and season. Roast on bottom shelf, turning once, for 40 minutes or until golden.

Meanwhile, combine spices, thyme, 2 tbs oil and 1/4 cup (60ml) reserved grapefruit juice in a bowl. Heat a frypan over high heat. Cook the lamb, turning, for 6-8 minutes until seared. Transfer to a roasting pan, brush with marinade, then roast on middle shelf, basting occasionally, for 25 minutes for medium or until cooked to your liking. Rest lamb, loosely covered with foil, for 10 minutes.

Combine grapefruit segments, 1 tbs grapefruit juice, oregano, chilli and feta in a bowl. Season. Thickly slice lamb and arrange on a platter with parsnip. Serve drizzled with grapefruit salsa.



## BALANCING ACT.

### PALEO DESSERT



### PALEO SNICKERS BARS

MAKES 12 BARS

*This paleo take on Snickers will keep in an airtight container in the fridge for 1 week.*

- 2 tbs coconut oil
- 2 pitted Medjool dates
- 1/2 cup (50g) raw cacao
- 1 cup (90g) desiccated coconut
- 240ml rice malt syrup
- 400g can chickpeas, rinsed, drained
- 1/3 cup (95g) good-quality peanut butter with no added oil or sugar (we used Mayver's)
- 2 tsp vanilla bean paste
- 1 1/2 cups (225g) roasted salted peanuts
- 40g unsalted butter
- 200g dark chocolate, chopped

Grease and line a 20cm square pan with baking paper. To make date base, melt 1 tbs coconut oil in a small saucepan over low heat. Add the dates and stir to warm through. Transfer to a food processor with

cacao, desiccated coconut and 1 tbs rice malt syrup, and whiz until combined. Spread over base of pan and firmly pack using your hands. Chill until needed.

To make peanut butter filling, wipe clean food processor, then whiz the chickpeas, peanut butter, vanilla and 1/4 cup (60ml) rice malt syrup until thick and smooth. Spread over date base, smoothing surface with a spoon. Chill for 1 hour.

To make peanut caramel, place peanuts, butter and remaining 2/3 cup (160ml) rice malt syrup in a saucepan over low heat and stir until melted and combined. Cool slightly, then spread over peanut butter filling, pressing to create an even surface. Freeze for 1 hour to set.

Melt chocolate in a heatproof bowl set over a pan of gently simmering water (don't let the bowl touch the water). Cool slightly, then pour over peanut caramel, tilting pan to completely cover. Chill for 1 hour or until chocolate is set, then slice into bars and serve.

### BUCKWHEAT PANCAKES WITH ROASTED RHUBARB & GRAPES

SERVES 4

- 1 bunch rhubarb, trimmed, stalks cut into 4 equal lengths
- Finely grated zest and juice of 1/2 orange
- 2 star anise
- 400g red grapes, cut into 4 small bunches
- 1/4 cup (60ml) maple syrup
- 500g ricotta

#### BUCKWHEAT PANCAKES

- 1 cup (110g) buckwheat flour, sifted
- 3/4 cup (100g) gluten-free plain flour, sifted
- 2 tsp gluten-free baking powder
- 1 tsp bicarbonate of soda
- 1 egg
- 1 tsp vanilla extract
- 2 tbs maple syrup
- 1 1/2 cups (375ml) buttermilk
- 20g unsalted butter, melted, plus extra to grease

Preheat the oven to 160°C. Arrange the rhubarb in a single layer in a roasting pan. Top with orange zest and juice, star anise, grapes and 1 tbs maple syrup. Cover with foil and roast for 15 minutes, then uncover and roast for a further 15 minutes or until fruit is soft but still holding its shape. Cover to keep warm.

Combine ricotta and remaining 2 tbs maple syrup in a bowl and set aside.

Reduce oven to 100°C. For the pancakes, whisk dry ingredients with a pinch of salt in a large bowl. In a separate bowl, whisk the egg, vanilla, maple syrup, buttermilk and melted butter until combined. Pour wet mixture into dry mixture and whisk to combine.

Heat a large frypan over medium heat. Grease pan with butter and add 3/4 cup (185ml) batter. Cook for 2-3 minutes until bubbles appear on the surface, then flip and cook for a further 2 minutes or until cooked through. Keep warm in the oven while you repeat with the remaining batter, greasing the pan in between each pancake.

Serve the pancakes with warm fruit and maple ricotta. ✕





Buckwheat pancakes  
with roasted rhubarb  
& grapes. OPPOSITE:  
paleo Snickers bars.

**GLUTEN  
FREE**





Baked baby leeks  
with oregano salsa.  
**OPPOSITE:** beef short rib  
with cavolo nero & cipollini  
onions (recipes p 101).



MATT MORAN.

# GREAT SOUTHERN LAND

Produce Awards national judge **Matt Moran** explores the best of Australia's paddocks with these hearty recipes featuring unctuous beef short ribs and lamb cutlets.

RECIPES MATT MORAN PHOTOGRAPHY JEREMY SIMONS STYLING KIRSTEN JENKINS



@chefmattmoran



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## SILVERBEET, MINT & PARMESAN SALAD

SERVES 4

2 tbs olive oil  
2 bunches baby silverbeet, stalks trimmed  
1 bunch mint, leaves picked  
100g parmesan, crumbled

### VINAIGRETTE

2 tbs white wine vinegar  
Finely grated zest and juice of 1 lemon  
1 tbs Dijon mustard  
100ml olive oil

For the vinaigrette, place all ingredients in a bowl and whisk until well combined. Season and set aside.

Heat oil in a frypan over medium heat. Cook silverbeet, in batches, for 3-4 minutes until tender and slightly wilted. Transfer to a bowl with mint and toss with vinaigrette. Serve scattered with parmesan.

## CRUMBED LAMB CUTLETS WITH BEETROOT CHUTNEY

SERVES 4-6

*We use Moran Family Lamb from our farm, but this dish will make any good-quality cutlets sing. Any extra chutney will keep in an airtight container in the fridge for up to 1 month.*

$\frac{2}{3}$  cup (100g) plain flour, seasoned  
3 cups (150g) panko breadcrumbs  
3 eggs  
100ml milk  
18 French-trimmed lamb cutlets  
2 tbs sunflower oil

### BEETROOT CHUTNEY

100ml extra virgin olive oil  
1 red onion, thinly sliced  
6cm piece ginger, cut into matchsticks  
4 garlic cloves, thinly sliced  
2 tsp ground cumin  
1 tbs thyme leaves

1 tbs rosemary leaves, finely chopped  
4 large raw beetroots, grated  
300ml white wine vinegar  
200g caster sugar  
Finely grated zest and juice of 1 lime, plus extra lime wedges to serve

For the beetroot chutney, heat the oil in a large saucepan over medium-low heat. Add onion, ginger, garlic, cumin, thyme and rosemary, and cook, stirring, for 5 minutes or until softened. Season. Add beetroot and cook, stirring, for 6-8 minutes until beetroot is slightly softened. Reduce heat to low, add vinegar and sugar, and cook, uncovered, stirring occasionally, for 50 minutes or until glossy and soft. Remove from heat and stir in lime zest and juice. Set aside to cool completely.

To make crumbed lamb cutlets, place flour and breadcrumbs on separate trays. Place eggs and milk in a bowl and whisk to combine. Dust each cutlet in flour,



MATT MORAN.

Crumbed lamb cutlets  
with beetroot chutney.  
**OPPOSITE:** silverbeet,  
mint & parmesan salad.







Rhubarb & strawberry crumble



shaking off excess, then dip in egg mixture, allowing excess to drip off. Coat well in breadcrumbs, then set aside.

Heat oil in a large, heavy-based frypan over medium heat. Cook cutlets, in batches, for 2-3 minutes each side until golden and cooked through.

Place cutlets on a platter and serve with chutney and lime wedges to squeeze over.

## BEEF SHORT RIB WITH CAVOLO NERO & CIPOLLINI ONIONS

SERVES 4

*The short rib is slow-cooked for 8 hours until meltingly tender, so begin this recipe in the morning or pop it in the oven before you hit the sack.*

- 3 thyme sprigs
- 3 rosemary sprigs
- 1 large garlic bulb, halved
- 2kg beef short rib
- 1/3 cup (80ml) olive oil
- 2 tbs balsamic vinegar
- 1 tbs soy sauce
- 1 tbs hot English mustard
- 12 cipollini onions (small brown Italian onions), trimmed
- 1 small bunch cavolo nero

Preheat oven to 100°C. Place a sheet of foil large enough to enclose short rib on a work surface. Make a bed with thyme, rosemary and garlic in the centre of the foil. Place short rib on top, drizzle with 2 tbs oil and season. Wrap in foil, then wrap parcel in another sheet of foil to enclose securely. Place in a roasting pan with 2 cups (500ml) water, cover with foil and bake for 8 hours or until soft and tender. Remove from oven.

Increase oven to 230°C. Carefully remove parcel from casserole. Discard foil and herbs, and reserve short rib and garlic

separately. Reserve cooking juices in casserole and stand for 10-15 minutes for impurities to rise to the surface, then skim surface and discard. Stir in the vinegar, soy sauce and mustard, then return short rib to casserole and baste with liquid. Return to oven and cook, uncovered, basting every 5 minutes, for 20 minutes or until glazed. Remove from oven and cover to keep warm.

Cook onions in a saucepan of boiling water for 8-10 minutes until tender. Drain, then refresh in cold water and peel.

Heat remaining 2 tbs oil in a frypan over medium-low heat. Add onions and cook, shaking pan, for 6-8 minutes until golden. Add cavolo nero and cook, turning, for 3-4 minutes until wilted. Season.

Serve short rib with cavolo nero, onion, reserved garlic and any resting juices.

## BAKED BABY LEEKS WITH OREGANO SALSA

SERVES 4

- 10 baby leeks, trimmed
- 2 garlic cloves, crushed
- 2 thyme sprigs
- 1 rosemary sprig
- 2 tbs olive oil
- 2 cups (500ml) chicken stock

### OREGANO SALSA

- 100ml extra virgin olive oil
- 1 pickled or fresh garlic clove, finely chopped
- 1/3 cup (60g) cornichons, finely chopped
- 1/4 cup oregano leaves, finely chopped
- Finely grated zest and juice of 1 lemon

Preheat oven to 180°C. Place leek, garlic, thyme and rosemary in a baking dish. Drizzle over oil and season. Add the

stock, then cover dish with foil. Bake for 30 minutes, then remove foil and bake for a further 20-25 minutes until tender and golden.

Meanwhile, for the salsa, place all ingredients in a small bowl and stir to combine. Season.

Transfer leek to a serving plate, spoon over salsa and season.

## RHUBARB & STRAWBERRY CRUMBLE

SERVES 4

- 1 bunch rhubarb, trimmed, cut into 3cm pieces
- 500g strawberries, hulled
- Finely grated zest of 1 lemon
- 1 1/3 cups (295g) caster sugar
- 200g unsalted butter, softened
- 1 2/3 cups (250g) plain flour
- 2/3 cup (60g) rolled oats
- Double cream swirled with honey, to serve

Preheat oven to 180°C. Place rhubarb, strawberries, lemon zest and 2/3 cup (150g) sugar in a saucepan over medium heat and cook for 10 minutes or until rhubarb starts to soften and collapse. Remove from heat and set aside.

To make the crumble, place butter, flour, oats and remaining 100g sugar in a bowl. Using your hands, mix together to form a rustic, chunky crumble.

Transfer rhubarb mixture to a baking dish set over a baking tray to catch any cooking juices. Top with crumble, then bake for 20 minutes. Increase oven to 200°C and bake for a further 20 minutes or until golden, crunchy and bubbling.

Serve the crumble hot with spoonfuls of honeyed double cream. ✕



ON TREND.



Labneh & green  
beans with  
whey dressing.  
**OPPOSITE:** French  
toast with cinnamon  
sugar pangrattato  
(recipes p 106).



# ROOTS & ALL

'Zero-waste' cooking is catching on as more chefs turn stalks, roots, skins and tops into vibrant toppings and star dishes. **Jill Dupleix** shows you how to clean up in the kitchen.

PHOTOGRAPHY BEN DEARNLEY STYLING JUSTINE POOLE







*“Every time we peel a potato, fillet a fish or toss out a jar of yoghurt, we contribute to the \$10 billion worth of good food wasted in Australia each year. That’s one out of every five shopping bags of food, or over \$1,000 worth of groceries per household every year. The good news is that on almost every front, we’re fighting back to reduce this amount.”*

**CHEFS ARE RESPONDING TO THE CALL** by sourcing locally, growing their own ingredients, cooking nose-to-tail, and using every part of the vegetable or plant. At Sydney’s sustainable hotspot Cornersmith cafe and picklery, windfall fruits are gathered from neighbours in exchange for coffee and meals, then they’re pickled and preserved for future use. At Greenhouse in Perth, they mill their own flour, roll their own oats, and compost all food scraps in-house through an Australian-designed Closed Loop system, transforming it into a concentrated compost that is used to revitalise and nourish soil.

Over in Hobart, chef David Moyle goes beyond the obvious (marrow bones, abalone, rare-wheat bread) to showcase Tasmanian produce in the wood-fired scotch oven that is heart and hearth of the kitchen at Franklin. Meanwhile, Jock Zonfrillo of Adelaide’s Orana considers it ‘wasteful’ not to work with native Australian flora and fauna, building bunya nuts and Davidson plum into his inspirational tasting menus.

At home, we’re rediscovering the lessons taught by our grandparents in new ways. We’re growing our own greens, moving red meat away from its star billing to a more supporting role, using common sense when it comes to use-by dates, and becoming wary of recipes that call for excessive peeling, trimming and discarding.

These skins, stems and stalks are among the most nutrient-dense parts of the plant, yet we trim and toss simply because we always have. When cooked separately until tender and served in a classic Italian tomato sauce with grated parmesan, for example, silverbeet stalks become a vegetable in their own right. Or, try the stalks and stems of cauliflower, broccoli and cabbage.

Meanwhile, leftover roast vegies can get a new lease on life when turned into individual or family-size hash pies. And why peel spuds when you can cook them whole, scoop out the fluffy flesh for soup, or mash and bake the skins into a crunchy side order? It’s immensely satisfying to turn something from a ‘binner’ into a dinner.

The tips and tricks are endless: you can make jam or ice cream from over-ripe fruit, use up the contents of nearly-empty packets of grains, rice and pasta in a mixed-grain salad, save coriander roots for making curry paste, turn vegie cooking water into stock for the freezer, and water pot plants with water from rinsing salad greens. Stale bread is another easy problem to solve: bread and butter pud, breadcrumbs, croutons for panzanella salad, or French toast served with fresh fruit.

It’s simple, really. By reducing the amount of food waste we create, we save money, support our farmers, and it’s good for us, too. Zero waste? No-brainer.

## **SILVERBEET STALKS AL POMODORO**

**SERVES 4**

225ml extra virgin olive oil  
1 onion, thinly sliced  
400g can chopped tomatoes  
2 tbs tomato paste  
1 tsp caster sugar  
150ml vegetable stock  
2 rosemary sprigs  
1 tsp dried oregano  
1 tbs salted capers, rinsed, drained  
5 garlic cloves, finely chopped  
1 bunch silverbeet, stalks and leaves  
separated, leaves roughly chopped,  
stalks cut into 3cm pieces  
1/3 cup (50g) pine nuts, toasted  
1 cup (80g) grated parmesan,  
plus extra to serve

Heat 2 tbs oil in a deep frypan over medium heat. Add onion and a pinch of salt, and cook for 3-4 minutes until softened. Add chopped tomato, tomato paste, sugar, stock, rosemary, oregano, capers and 2 garlic cloves. Season and cook for 15 minutes or until thickened.

To make pesto, whiz silverbeet leaves in a food processor with the remaining 3/4 cup (185ml) oil and 3 garlic cloves until combined. Add pine nuts and parmesan and whiz until a smooth paste. Season.

Cook stalks in a large pan of boiling salted water for 5 minutes or until tender. Drain and toss with sauce. Serve topped with silverbeet pesto and extra parmesan.



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ON TREND.



Silverbeet stalks  
al pomodoro





Chicken polpettini  
with parmesan and peas

## LABNEH & GREEN BEANS WITH WHEY DRESSING

SERVES 4

*The perfect no-waste salad with dressing made from the delicately acidic whey milk left over from straining the yoghurt for labneh. Begin this recipe 1 day ahead.*

500g thick Greek-style yoghurt  
400g green beans  
1/4 cup (60ml) olive oil  
1 tbs Dijon mustard  
2 zucchinis, sliced into ribbons  
1 small red onion, thinly sliced  
1/2 bunch dill, fronds picked  
1/4 cup (35g) hazelnuts, toasted, chopped

Place yoghurt in a colander lined with muslin or a clean Chux cloth and set over a bowl. Tie with kitchen string, then chill for 24 hours for the liquid whey to drain.

The next day, cook beans in a pan of boiling salted water for 3 minutes or until just tender. Drain. Refresh in iced water.

Whisk the liquid whey from the strained yoghurt with the oil and mustard in a bowl. Season. Toss beans with zucchini, onion and dill, then arrange on plates with

labneh. Scatter with hazelnuts and drizzle with whey dressing to serve.

## CHICKEN POLPETTINI WITH PARMESAN AND PEAS

SERVES 4

80g day-old bread, torn  
1/3 cup (80ml) milk  
600g chicken mince  
2 tbs grated parmesan  
1 eggwhite, lightly beaten  
2 garlic cloves, finely grated  
1/3 cup flat-leaf parsley leaves, chopped  
Finely grated zest and juice of 1 lemon  
200ml buttermilk  
2 tbs olive oil  
1 2/3 cups (200g) frozen peas, blanched  
Shaved parmesan and watercress,  
to serve

Soak bread in milk for 10 minutes, then squeeze out excess liquid.

Preheat oven to 200°C. Combine bread, chicken, parmesan, eggwhite, garlic, parsley and lemon zest and juice in a bowl. Season, then combine well with your hands. Using lightly oiled hands, roll

into 12 walnut-sized balls, then place on a baking paper-lined baking tray. Bake for 15 minutes or until cooked through.

To make dressing, whisk buttermilk and oil in a bowl to combine. Season.

Serve polpettini with peas, parmesan, watercress and drizzled with dressing.

## FRENCH TOAST WITH CINNAMON SUGAR PANGRATTATO

SERVES 4

1/2 loaf stale sourdough, cut into 6 slices  
2 tbs sunflower oil  
2 tsp ground cinnamon  
1/3 cup (75g) caster sugar  
3 eggs  
2 tsp vanilla bean paste  
1/4 cup (60ml) thickened cream,  
plus extra whipped to serve  
80g unsalted butter, chopped

## RHUBARB COMPOTE

1 bunch rhubarb, trimmed, chopped  
1/4 cup (55g) caster sugar

For the compote, place rhubarb in a saucepan over medium heat. Add caster sugar and 1/4 cup (60ml) water. Bring to a simmer and cook, stirring occasionally, for 5-8 minutes until rhubarb is very soft. Remove from heat and set aside to cool.

Trim hard crusts, then whiz crusts in a small food processor to coarse crumbs. Heat oil in a frypan over medium-high heat. Add crumbs and cook, tossing, for 3-4 minutes until light golden. Add cinnamon and 2 tbs caster sugar, and cook for a further 1-2 minutes until golden and crisp. Set aside to cool.

Slice sourdough slices into triangles. Whisk eggs, vanilla, cream and remaining 2 tbs sugar in a bowl. Soak sourdough in egg mixture for 30 seconds, then place on a baking tray ready to fry.

Melt half the butter in a frypan over medium heat. In batches, cook half the egg-soaked bread for 1-2 minutes each side until golden and cooked through. Drain on paper towel, then repeat with remaining butter and bread.

Serve the French toast with compote, sugar pangrattato and whipped cream.



## POTATO, LEEK & ROCKET SOUP WITH CRISPY POTATO SKINS

**SERVES 4**

*A light soup that uses the flesh of baked potatoes for its smooth, luxurious texture and rocket leaves for vibrant colour.*

$\frac{2}{3}$  cup (165ml) extra virgin olive oil,  
plus extra to serve  
50g unsalted butter  
2 large leeks, thinly sliced, roots reserved  
 $\frac{1}{2}$  bunch spring onions, thinly sliced  
1L (4 cups) vegetable or chicken stock  
 $\frac{1}{4}$  cup (60ml) pure (thin) cream,  
plus extra to serve  
1 tbs Dijon mustard  
 $\frac{1}{2}$  tsp freshly grated nutmeg  
50g rocket leaves  
Finely chopped chives, to serve

### CRISPY POTATO SKINS

4 large sebago potatoes, scrubbed  
2 tbs olive oil

For the potato skins, preheat the oven to 200°C. Prick potatoes all over with a fork, then place on a baking tray and bake for 1 hour or until tender. Remove from oven and cool slightly. Quarter potatoes lengthways, then, using a spoon, scoop out the flesh, leaving a thin layer of potato skin. Reserve potato flesh for soup.

Return potato skins to tray, drizzle over olive oil and season. Bake for 20-25 minutes until golden and crisp. Set aside and keep warm.

Meanwhile, to make soup, heat 2 tbs extra virgin olive oil and butter in a large saucepan over medium-low heat. Add the

leek and spring onion, and cook, stirring, for 10 minutes or until softened. Add stock, increase heat to medium-high and bring to the boil. Reduce heat to medium and simmer for 15 minutes or until slightly reduced. Add reserved potato flesh, cream, mustard, nutmeg and rocket, and stir to warm through. Season and remove from heat. Cool slightly, then whiz in a blender until smooth. Return to pan and gently reheat.

Heat remaining  $\frac{1}{2}$  cup (125ml) extra virgin olive oil in a small frypan over medium-high heat. Shallow-fry reserved leek roots for 30 seconds or until golden and crisp. Drain on paper towel.

Divide soup among bowls and top with leek roots, chives and extra cream. Drizzle with extra oil and serve with potato skins.





ON TREND.



Roast vegetable hash pies

## ROAST VEGETABLE HASH PIES

SERVES 4

*Put leftover roast vegies to good use by binding with egg and cheese, and baking into hash pies. Pumpkin or sweet potato are good at holding everything together, but anything left in the fridge will do.*

6 eggs

1 tsp ground cinnamon

1/4 tsp freshly grated nutmeg

2 tsp dried oregano

2 tbs chopped dill

2 tbs grated parmesan

800g leftover roast vegetables

(we used pumpkin, potato, tomatoes and beetroot), roughly chopped

1/3 cup (80ml) olive oil

100g feta, crumbled

Mint leaves, to serve

Preheat oven to 200°C. Lightly beat 2 eggs in a bowl with cinnamon, nutmeg, oregano, dill and parmesan. Season and gently stir in the roast vegetables. Divide the mixture among four 300ml pie pans and lightly press to flatten. Drizzle with 2 tbs oil and bake for 25 minutes or until lightly crispy on top.

Meanwhile, heat remaining 2 tbs oil in a frypan over medium heat. Fry remaining 4 eggs for 3 minutes or until sides are crispy but yolks are still runny. Serve on top of pies with feta and mint leaves.

## three zero-waste LOCAL HEROES

### 1 JOOST BAKKER

Zero-waste activist and founder of Greenhouse restaurants and former Melbourne venues Silo and Brothl, Joost Bakker is a walking, talking poster boy for living a mindful, sustainable life. "I believe that our grandchildren will ask us, 'Did you really put organic waste into landfill?' It's time to change our ways." One of his dreams is to build an urban rooftop farm, complete with a restaurant and supermarket that use the produce grown from the waste the venues generate. [byjoost.com](http://byjoost.com)

### 2 OZHARVEST

Australia's leading food rescue organisation, OzHarvest, has changed the face of food waste in Australia by gathering all types of perishable food that would otherwise be wasted and distributing it to those in need. Simple, but brilliant. "More than 30 million meals have been delivered to vulnerable Australians who may feel forgotten or alone," says founder and dynamo CEO Ronni Kahn. [ozharvest.org](http://ozharvest.org)

### 3 HARRIS FARM MARKETS

Thousands of tonnes of fruit and vegetables are dumped or hoed back into the soil for little more than a rainwater mark or for being the wrong size – a result of major supermarkets' belief that consumers won't buy anything unless it's perfect. At Harris Farm Markets (NSW), their Imperfect Picks campaign sees 'ugly' or misshapen produce sold at less than normal prices in a gesture of support for Australian farmers. "We shouldn't always judge a product by how it looks," says Harris Farm Market's co-CEO Tristan Harris. [harrisfarmmarkets.com.au](http://harrisfarmmarkets.com.au) ✕





We love biscuits





FASTER FOOD.

# 10

## *shortcuts for*

# FLAVOUR

Sticky glazes, flavoured butters, quick sauces, spiced salts – **Warren Mendes** shows that being short on time doesn't have to mean short on flavour.

PHOTOGRAPHY JEREMY SIMONS STYLING KRISTEN WILSON



@warrenmendes



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Sesame-crumbed  
pork cutlets with quick  
tonkatsu sauce (recipe  
p 120). **OPPOSITE:**  
spiced lentil soup  
(recipe p 113).

1





# 2

## **ANCHOVY, BROCCOLINI & CHILLI ORECCHIETTE**

**SERVES 4**

**300g orecchiette**

**1/4 cup (60ml) extra virgin olive oil**

**3 bunches broccolini, chopped**

**3 garlic cloves, finely grated**

**1 tsp dried chilli flakes**

**8 anchovy fillets in oil, drained, chopped**

**Finely grated zest and juice of 1 lemon**

**Grated parmesan, to serve**

Cook pasta in a pan of boiling salted water according to packet instructions until al dente. Drain, reserving 1/4 cup (60ml) cooking liquid.

Meanwhile, heat oil in a deep frypan over medium heat. Add the broccolini and cook, tossing, for 2-3 minutes until slightly tender. Add garlic, chilli and anchovy, and cook for 2-3 minutes for flavours to infuse.

Add pasta and reserved cooking liquid to broccolini mixture, stir through lemon zest and juice, then divide among bowls. Serve with parmesan.





FASTER FOOD.



### SPICED LENTIL SOUP

SERVES 4

2 tbs extra virgin olive oil  
1 each onion and carrot, chopped  
1 celery stalk, chopped  
4 garlic cloves, chopped  
2 tsp each ground cumin, ground coriander and ground ginger  
2 tbs tomato paste  
400g can chopped tomatoes  
2 x 400g cans lentils, rinsed, drained  
2 cups (500ml) vegetable or chicken stock  
1/2 bunch kale, stalks removed, chopped  
Thick Greek-style yoghurt, to serve

Heat oil in a large saucepan over medium heat. Add onion, carrot and celery, and cook, stirring, for 3-4 minutes until softened. Add garlic, spices and tomato paste, and cook, stirring, for 2-3 minutes until fragrant. Add tomato, lentils, stock and 3 cups (750ml) water. Bring to a simmer, then cook for 6-8 minutes for flavours to infuse. Stir in kale and cook for a further 1-2 minutes until kale is wilted. Remove from heat and divide soup among bowls. Top with yoghurt to serve.

3



**FASTER FOOD.**



**CHARRED OYSTER SAUCE  
PRAWNS WITH RICE NOODLES**

SERVES 2

**1/3 cup (80ml) oyster sauce**  
**2 tsp sesame oil**  
**1 tbs fish sauce**  
**Juice of 1 lime**  
**10 large green prawns, peeled**  
**(tails intact), deveined**  
**2 tbs olive oil**  
**100g flat rice noodles**  
**1 bunch choy sum,**  
**blanched**

**Sliced small red chilli and chopped  
roasted peanuts, to serve**

Combine oyster sauce, sesame oil, fish sauce and lime juice in a bowl. Toss prawns with half the sauce in a separate bowl. Heat olive oil in a large frypan over high heat. Cook prawns, turning, for 4 minutes or until charred and just cooked.

Meanwhile, soften noodles in a bowl of boiling water for 1 minute, then drain.

Divide the noodles, prawns and choy sum among bowls, drizzle with remaining sauce and serve with chilli and peanuts.





Grilled snapper  
with spiced Cajun  
salt (recipe p 120)



FASTER FOOD.

# 6

## ROASTED CHICKEN WITH SKHUG

SERVES 4

*Skhug is like a Middle Eastern spicy pesto, and is a great way to use up dried spices. Store in the fridge for up to 1 week.*

1.8kg whole chicken, butterflied  
2 tbs extra virgin olive oil  
Micro coriander, to serve

### SKHUG

1/2 tsp caraway seeds  
3 long green chillies  
2/3 bunch each flat-leaf parsley  
and coriander  
1/2 tsp ground cumin  
1/4 tsp ground cardamom  
1/2 cup (125ml) extra virgin olive oil

Preheat oven to 200°C. Pat chicken dry with paper towel, then brush with oil and season. Place skin-side up on a baking paper-lined baking tray. Roast for 50 minutes or until golden and cooked through.

Meanwhile, for the skhug, crush caraway seeds using a mortar and pestle. Place in a food processor with remaining ingredients, then season and whiz to a rough paste.

Cut the roasted chicken into pieces and serve with skhug and micro coriander.







## LAMB & HALOUMI SKEWERS WITH HERBED HONEY BUTTER

SERVES 4

*Having flavoured butters on hand is a quick and easy way to add flavour in the pan and use up leftover herbs or spices. The butter will keep in the fridge for up to 1 month.*

**750g lamb rump steaks,**  
cut into 2cm pieces

**500g haloumi, cut into 2cm pieces**  
**1/4 cup (60ml) extra virgin olive oil**

**2 lemons, halved**  
**Torn mint leaves, to serve**

### HERBED HONEY BUTTER

**150g unsalted butter, softened**

**2 tbs honey**

**2 tsp each dried oregano and dried mint**

**2 garlic cloves, finely grated**

For herbed honey butter, combine all ingredients in a bowl and set aside.

Alternating, thread 3 pieces each lamb and haloumi onto each skewer, then brush

with the oil. Heat a large frypan over medium-high heat. Working in batches, cook skewers for 1-2 minutes each side. Add 1 tbs herbed butter to the pan, then baste skewers and cook for a further 1-2 minutes until charred and glossy. Transfer to a plate and rest, loosely covered with foil, for 5 minutes.

Meanwhile, return pan to high heat and cook the lemon, cut-side down, for 1-2 minutes until charred.

Squeeze lemon over skewers and scatter with torn mint leaves to serve.





Baked bangers with  
caramelised sriracha  
onions (recipe p 120)





### MISO CROQUE MADAME

SERVES 2

8 rashers streaky bacon

2 tbs (30g) miso paste

2 tbs plain flour

1 cup (250ml) milk

4 small flatbreads

2 eggs, fried

Black sesame seeds and coriander leaves, to serve

Preheat the oven to 220°C. Place bacon in a cold large frypan, then place over medium heat (this helps render the fat). Cook for 4-5 minutes until crisp, then remove and drain on paper towel, reserving 2 tbs fat.

To make miso bechamel, place reserved fat in a saucepan over medium heat. Stir in miso paste and plain flour. Cook for 1-2 minutes, then gradually add milk, whisking to combine. Cook for a further 3-4 minutes until thickened. Remove from heat and cool slightly.

Spread one-quarter bechamel over 1 flatbread and top with 2 bacon rashers. Top with another flatbread, 2 bacon rashers and one-quarter bechamel. Repeat with remaining flatbread, bacon and bechamel to make 2 sandwiches. Place sandwiches on a baking paper-lined baking tray and bake for 10 minutes or until golden and bubbling.

Top each with a fried egg, and scatter with sesame seeds and coriander.



## FASTER FOOD.

### SESAME-CRUMBED PORK CUTLETS WITH QUICK TONKATSU SAUCE

SERVES 4

1⅓ cups (65g) panko breadcrumbs  
⅓ cup (50g) sesame seeds  
2 tbs plain flour  
2 eggs, lightly beaten  
4 x 200g pork cutlets, trimmed  
Sunflower oil, to shallow-fry  
Thinly sliced radish and mixed micro herbs, to serve

#### TONKATSU SAUCE

2 tbs kecap manis  
1½ tbs Worcestershire sauce  
100ml tomato sauce  
¼ tsp garlic powder  
½ tsp ground ginger

Combine breadcrumbs, sesame seeds and flour in a bowl and season. In a separate bowl, combine eggs and 1 tbs water. Dip each pork cutlet in egg mixture, then coat in breadcrumb mixture and set aside on a baking paper-lined baking tray. Heat 1cm oil in a large heavy-based frypan over medium-high heat. Add cutlets and cook for 3 minutes each side or until golden and cooked through.

Meanwhile, for the tonkatsu sauce, combine all ingredients in a bowl.

Serve cutlets with tonkatsu sauce, radish and micro herbs.

### GRILLED SNAPPER WITH SPICED CAJUN SALT

SERVES 4

*Homemade spiced salts, like this Cajun mix, add quick flavour to meat or vegetables.*

2 tbs extra virgin olive oil  
4 x 180g snapper fillets (skin on)  
500g baby grape tomatoes  
2 tbs red wine vinegar

Purple mustard greens or wild rocket leaves, to serve

#### CAJUN SALT

1 tsp coriander seeds  
¼ cup (55g) sea salt flakes  
1 tsp hot paprika  
1 tsp dried oregano  
1 tsp garlic granules

Heat 1 tbs oil in a frypan over medium-high heat. Season fish skin with pepper and cook, skin-side down, for 3-4 minutes until skin is crisp. Turn and cook for a further 2 minutes or until just cooked. Transfer to a plate and rest, loosely covered with foil, for 5 minutes.

For Cajun salt, crush coriander seeds using a mortar and pestle, then combine with remaining ingredients and set aside.

Return frypan to medium heat. Add the tomato, 1 tsp Cajun salt and remaining 1 tbs oil, and cook for 2-3 minutes until starting to collapse. Add the vinegar and cook for a further 1 minute, then remove from heat.

Scatter fish with extra Cajun salt and serve with tomato and mustard greens.

### BAKED BANGERS WITH CARAMELISED SRIRACHA ONIONS

SERVES 4

2 tbs thyme leaves, chopped  
2 tbs extra virgin olive oil  
8 thick beef or lamb sausages

#### SRIRACHA ONIONS

2 tbs extra virgin olive oil  
3 onions, thinly sliced  
¼ cup (60g) sriracha  
2 tbs brown sugar  
2 dried chillies, seeds removed, sliced

Preheat oven to 200°C. For sriracha onions, heat oil in saucepan over medium-low heat.

Add onion, sriracha and sugar. Cover with a lid and cook, stirring occasionally, for 20 minutes. Add dried chillies and cook, uncovered, for a further 5 minutes or until caramelised and softened.

Meanwhile, combine thyme, oil and sausages in a bowl. Season, then place in a baking paper-lined roasting pan. Bake for 20 minutes or until dark golden and cooked through. Serve with the sriracha onions.

### RUM & MAPLE STEAK WITH 2-MINUTE FRIES

SERVES 4

3 large golden delight or sebago potatoes, peeled  
Sunflower oil, to shallow-fry  
800g beef flank steak  
2 tbs extra virgin olive oil  
¼ cup (60ml) dark rum  
¼ cup (60ml) maple syrup  
1 tbs each apple cider vinegar and wholegrain mustard

To make the fries, grate potato into long strips using the coarse side of a box grater. Place in a clean tea towel and squeeze to extract excess liquid. Heat 2cm sunflower oil in a heavy-based frypan over medium-high heat. Fry potato, in batches, for 2 minutes or until crisp, then drain on paper towel. Keep warm.

Drizzle steak with olive oil and season. Heat a heavy-based frypan over high heat, then add steak and cook for 3-4 minutes each side until slightly charred. Combine rum, maple syrup, vinegar and mustard in a bowl, then add to pan and cook steak, basting with sauce, for a further 1 minute each side or until glazed. Remove from pan and rest, loosely covered with foil, for 5 minutes. Cook sauce for a further 1 minute or until reduced and thickened.

Thinly slice steak, then drizzle generously with sauce and serve with fries. ✂






# 10

Rum & maple steak  
with 2-minute fries



# FOOD *inc.*

*As we celebrate the best of Australia, Anthony Huckstep takes a look at the influencers driving our world-class food scene, from innovative restaurateurs and entrepreneurs to pioneering chefs.*

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## *the family empire*

**LONG BEFORE THE NOTION** of a food empire was conceived, the late John Hemmes and his wife, Merivale, were producing hats in a converted western suburbs garage that became the foundation of the highly successful House of Merivale boutiques and Mr John label. It wasn't until 1971, when John purchased the Angel Hotel in Sydney's Pitt Street, that the group began to focus on food.

Now with son Justin Hemmes at the helm, the family has become the driving force behind many food trends that ripple through the city. With an ever-growing portfolio of more than 50 restaurants, bars, hotels and 3000 staff, the Hemmes have also procured some of the most talented chefs in the country. Think Dan Hong (Mr. Wong, Ms. G's), Jeremy Storde (Bistrode CBD, The Fish Shop), Peter Doyle (est.), and more recently Ben Greeno (formerly of Momofuku Seiobo), who is set for the Paddington Arms development.

"We don't look at trends globally at all," says Justin. "The direction in

regards to food for all of our restaurants actually just comes from the talent [chefs]," he says. The major shift in our habits, according to Justin, has been the proliferation of chefs qualified to cook at the pointy end, but opting to focus on the mid-market. "I guess we manage to get really talented chefs that have turned their hand to food you can go and eat every second night, rather than a special occasion. And that's what we try to deliver – quality at a great price." He says consumers are better educated than ever and willing to try new things, and as such, it's imperative that everything has a twist – whether tailored to a particular area or in the direction the food is going.

"We have food from every part of the world, so our job is to continue to push the boundaries and explore new opportunities without being ridiculous. That's the balance we try to strike as a business," he says. "We allow our chefs the freedom to be playful and cross new boundaries in a way we can all enjoy it. It's a great partnership."







**CLOCKWISE (from above):** Ms. G's in Sydney's Potts Point; stuffed squid with roast tomato sauce; Coogee Pavillion Rooftop; Mr. Wong; Justin Hemmes.



**AUSTRALIAN FLAVOURS.**



## STUFFED SQUID WITH ROAST TOMATO SAUCE

SERVES 4

*This recipe is by Laif Etournaud, head chef at The Beresford Hotel.*

- 8 (about 1.2kg) small whole squid, cleaned, tentacles reserved
- 150g skinless ling fillet, chopped
- 120g store-bought caramelised onion jam
- 120g roasted capsicum, chopped
- 2 tbs each chopped flat-leaf parsley leaves, mint leaves and chives
- 1 small red chilli, seeds removed, chopped
- 1 egg, lightly beaten
- Finely grated zest of  $\frac{1}{4}$  lemon
- 1 garlic clove, finely chopped
- 1 cup (70g) fresh breadcrumbs
- $2\frac{1}{2}$  tbs olive oil

Roast tomato sauce (recipe follows), grilled radicchio wedges and micro watercress (optional), to serve

Preheat oven to 180°C. Finely chop squid tentacles, then combine with fish, caramelised onion, capsicum, herbs, chilli, egg, lemon zest, garlic and breadcrumbs. Season, then divide mixture among squid tubes, sealing ends with a toothpick (do not seal too tightly as tubes may split while roasting).

Heat oil in a large frypan over medium heat. Cook squid, turning, for 3 minutes or until light golden. Transfer to a baking-paper lined baking tray and roast for 15 minutes or until squid is golden and filling is hot in the centre. Rest for 5 minutes. Cut into 1.5cm thick slices.

Serve with roast tomato sauce, radicchio and micro watercress, if using.

## ROAST TOMATO SAUCE

MAKES 600G

- 600g (about 5 large) roma tomatoes, halved lengthways
- 4 thyme sprigs
- 2 bay leaves
- 3 garlic cloves, bruised
- 2 tbs olive oil
- $2\frac{1}{2}$  tsp balsamic vinegar

Preheat the oven to 170°C. Place the tomatoes, thyme and bay leaves in a baking tray and toss to combine. Scatter over the garlic and drizzle with oil and balsamic vinegar. Season, then roast for 35 minutes or until tomatoes collapse. Remove thyme sprigs and bay leaves, and cool slightly. Transfer to a food processor and whiz to a puree. Season to taste.



## AUSTRALIAN FLAVOURS.



### *The pioneering chefs*

**CLOCKWISE (from above):** Matt, Andrew and Sean McConnell; the bar at Cutler & Co.; burrata with peas and bottarga; Canberra's Monster Kitchen and Bar; Supernormal.

**SOME WOULD ARGUE** that contemporary Australian cuisine wouldn't be the same without the McConnell brothers. Andrew may attract much of the spotlight with Melbourne hotspots Cumulus Inc. and Up, Cutler & Co., Supernormal, Moon Under Water and Luxembourg, but brothers Matt (Bar Lourinha and Casa Ciuccio) and Sean (Monster Kitchen and Bar, ACT) have also played an important role in defining what we now perceive as dining in Australia. Produce-driven and sophistication in simplicity, all devoid of formal pretentiousness.

"Our mother influenced us in a very big way," says Sean. "We have to give dad some credit too," adds Andrew, "As his wine cellar grew, Mum's food started to get more exciting, too."

Interestingly, aside from Cutler & Co., all the McConnell venues have gone with a shared-plate ethos. "It's how we all grew up eating, all the food in the middle to share," says Andrew. "Mum called it a buffet, but it was much more beautiful," says Sean. "It was a massive spread!" adds Matt.

The brothers rarely seek each other's advice, but inadvertently they've adapted the same approach and philosophy. "It's not just about good food, wine and service; that's expected," says Matt. "All of us realised that when people eat out they want to have fun," adds Andrew. "Hell, I know I do when I go out to eat," Sean says.

That's an important shift, culturally, for our dining scene. "It's almost impossible to be a successful restaurateur without having that innate understanding about what people actually want," explains Andrew.

That aside, it is, in fact, the focus on provenance and letting best-in-class produce shine that has been their major influence. "People want to know where their food comes from. Is it sustainable? Who farmed it? Who grew it?" says Sean.

"I guess the three of us just try to tell the produce's story on the plate," says Andrew. "Let it speak for itself and never forget to make it delicious," adds Matt.







## BURRATA WITH PEAS AND BOTTARGA

SERVES 4 AS A SNACK

*This recipe was created by Andrew McConnell for this issue.*

- 1 cup (120g) fresh or frozen peas, blanched, refreshed
- $\frac{1}{3}$  cup each mint and flat-leaf parsley, leaves torn, plus extra mint leaves to serve
- $\frac{1}{3}$  cup (80ml) extra virgin olive oil
- 2 tbs lemon juice
- 2 x 100g balls burrata
- Pinch of dried chilli flakes
- 20g bottarga (dried and cured mullet roe), grated
- 8 thin slices sourdough, chargrilled

Lightly crush blanched peas with a fork. Add the mint and parsley and stir to combine. Add the oil, lemon juice and a pinch of salt and stir to combine.

Divide the pea mixture between 2 bowls and place a burrata on each. Sprinkle with dried chilli, grated bottarga and season with salt. Serve with sourdough and extra mint.



## AUSTRALIAN FLAVOURS.



### PARMESAN GNOCCHI WITH MUSHROOMS AND TRUFFLE CREAM

**SERVES 6**

*This recipe is by Norman Harvey,  
head chef at Alfredo's Pizzeria.*

**250g rock salt**

**1.25kg sebago potatoes**

**1<sup>1</sup>/<sub>3</sub> cups (200g) plain flour, sifted,  
plus extra to dust**

**1<sup>1</sup>/<sub>4</sub> tsp white pepper**

**2<sup>1</sup>/<sub>2</sub> cups (200g) finely grated  
parmesan, plus extra to serve**

**1<sup>1</sup>/<sub>2</sub> tsp freshly grated nutmeg**

**2 egg yolks**

**100g unsalted butter**

**250g mixed mushrooms (such as  
chestnut, nameko and Swiss brown)**

**Micro rocket (optional), to serve**

#### TRUFFLE CREAM

**2<sup>1</sup>/<sub>2</sub> tbs truffle tapenade**

**600ml pure (thin) cream**

Preheat the oven to 180°C. Line a baking tray with the rock salt and place the potatoes on top. Bake for 1 hour or until tender. Remove from oven and cool slightly. Halve potatoes, then using a spoon, scoop out the flesh and pass through a potato ricer while hot.

Place potato flesh in a bowl. Add flour, white pepper, parmesan, nutmeg and egg yolks, and bring mixture together with your hands to form a soft dough.

Divide mixture into 4 even-sized portions and roll each into a long thin log about 65cm long and 2cm wide. Cut into 2.5cm pieces.

In batches, cook gnocchi in boiling salted water for 1 minute or until they float to the surface, then cook, allowing them to float, for a further 1 minute. Remove with a slotted spoon and immediately plunge into iced water for 20 seconds to stop the cooking process. Transfer to a tray lined with a clean tea

towel. Chill for 30 minutes or up to 4 hours to dry.

For the truffle cream, combine the truffle tapenade and cream in a pan over medium heat. Cook for 8-10 minutes until thickened and reduced by approximately 100ml. Season to taste and keep warm.

Preheat the oven to 200°C. Melt 50g butter in a large heavy-based frypan. Cook the gnocchi, in 3 batches, turning once, for 4 minutes or until golden. Transfer to a baking paper-lined baking tray. Bake for 5 minutes or until puffed and golden.

Meanwhile, melt the remaining 50g butter in a clean frypan over medium-high heat. Add mushrooms and cook, tossing, for 4 minutes or until golden. Season.

Spoon truffle cream into the centre of serving bowls, arrange the gnocchi and mushrooms on top, scatter over extra parmesan and micro rocket, if using, to serve.





## The entrepreneur

**NO CITY IN AUSTRALIA** has experienced such a rapid food evolution than Brisbane in recent years. Think Esquire, Gerard's Bistro, Urbane, Aria and Stokehouse to name a few. Of course when it comes to influencing en masse, few, if any, can lay claim to creating precincts that are destinations in their own right. Damian Griffiths has been the major player in the gentrification of Fortitude Valley, but according to the self-professed 'slogger', it happened by coincidence.

"It was never my intention. We just started years ago by purchasing run-down properties and breathing new life into them really," says Damian. Seven years ago, he built the Limes Hotel in a back street of the worst part of town – where real estate was dirt cheap. Little did he know its popularity would soon lead to opportunities in adjoining houses and warehouses. These include Kwan Brothers (Asian street-food restaurant), Alfred & Constance (modern Australian dining and bar), Alfredo's Pizzeria, Doughnut Time and a little further afield, Chester Street (bakery and bar).

It's inadvertently become an archetype of how food can regentrify an area. "I never had a big-picture plan, but what I've discovered is that you can take an old rundown place, add good food and beverage offerings, and perceptions of that area will change," he says.

Each new project embodies a similar ethos – fun, quirky fitouts that are casual, comfortable with food at a price accessible to most. "I spend as much time as I can travelling to see what's happening in the States and UK," he says. "Then, I think it's important to take those experiences and create what people in Brisbane want. Each city is different, so it's important to understand the inhabitants as much as it is to have your own ideas."

His newest development in a 1920s warehouse backs onto an old railway line in Fortitude Valley. The multi-level site will house an urban winery, restaurants, bars and a 24-hour diner. "I'm just trying to do something that a lot of people might enjoy. I have nothing against fine dining, but it's not my bag," he admits. "People say what I do is edgy. I just think it's what people actually want – casual and fun, but always making sure there's quality at every step."

**CLOCKWISE (from far left):** parmesan gnocchi with mushrooms and truffle creme; Damian Griffiths; Alfredo's Pizzeria and Doughnut Time; Alfred & Constance.





## AUSTRALIAN FLAVOURS.



**CLOCKWISE:** roast malt parfait with frozen parsnip milk; Loh Lik Peng; (from left) chefs Sam Miller, Clayton Wells and Jason Atherton.



## the foreign investor



**HIS IS NOT A NAME** most would know in Australia, but Loh Lik Peng has made waves overseas, and now, of course, he's hit our shores. The brains behind numerous boutique hotel brands and restaurants in Singapore (New Majestic Hotel), Shanghai (The Waterhouse at South Bund) and London (Town Hall Hotel) has now gifted Sydney three unique dining propositions within The Old Clare Hotel in Chippendale.

Peng's specialty is to take rundown heritage-listed sites and transform them into cutting-edge venues. "I've always had a great love for Sydney," says the Singapore-based entrepreneur. Even so, Australia wasn't on his radar until Dr Stanley Quek (former chairman of Frasers Property Australia and the man behind the Central Park Complex next door) suggested the dilapidated site.

"I walked in and knew it was definitely up my street," he says. Planning regulations meant the huge ground level space had to be retail or restaurant, "So we had to do two restaurants, and one upstairs."

He then drew on his influence to nab three incredible talents – Michelin-starred British chef Jason Atherton from London's Pollen Street Social, ex-Noma chef Sam Miller, and former Momofuku Seiobo young gun Clayton Wells.

Jason will run the largest venue, Kensington Street Social, with a shared-plate ethos. Next door, Clayton's offering is a tad more refined, with a five-course modern seasonal menu, while upstairs, Sam's Silvereye promises a strong focus on vegetables, using European techniques.

"I don't get involved in the day-to-day. We help them set up, and get involved in design and decor, but I back chefs that I know have the talent to do it," he says. "All three of these chefs just want to be part of the scene and contribute, not try to change it," he says.

"Sydney and Melbourne food cultures are so strong and dynamic, we hope that we add something to them that people will love."

### ROAST MALT PARFAIT

**SERVES 8**

*This recipe is by Sam Miller. You will need a kitchen thermometer. Begin this recipe 1 day ahead.*

**2 cups (500ml) thickened cream**  
**6 egg yolks**  
**2/3 cup (150g) caster sugar**  
**2 1/2 tbs dark roasted malt, finely ground (from brewing stores)**  
**Tarragon leaves, dill, fennel fronds, chervil and sliced licorice, to serve**

#### FROZEN PARSNIP MILK

**1L (4 cups) milk**  
**4 (about 650g) parsnips, grated**  
**100ml pure (thin) cream**  
**1/4 cup (35g) cornflour**

**1 cup (150g) pure icing sugar**  
**1 tbs lemon juice**

For parsnip milk, place milk and parsnip in a large pan over medium-low heat. Bring to just below boiling point. Remove from heat. Cover with plastic wrap. Set aside for 3 hours to infuse. Strain through a sieve. Discard solids. Chill until cold.

Heat 150ml parsnip milk, pure cream and cornflour in a clean saucepan over medium heat. Whisking constantly, cook for 4-5 minutes until thickened. Add more parsnip milk, 1/3 cup (80ml) at a time, until incorporated. Stir in icing sugar, lemon juice and a pinch of salt. Transfer to a metal tray. Freeze overnight.

Line eight 7.5cm ring moulds with a double layer of plastic wrap and seal with

an elastic band. Place on a baking tray. Whisk thickened cream to soft peaks. Chill until needed. Place the yolks and 25g caster sugar in an electric mixer and whisk on high speed until thick and pale. Combine remaining 125g caster sugar and 1/4 cup (60ml) water in a pan and heat to 118°C. With the motor running on medium-high speed, slowly pour sugar into egg yolks. Increase speed to high and whisk for 20 minutes or until the bowl feels cold to the touch. Combine 1/3 cup (80ml) whipped cream with malt, then fold through egg yolks. Fold remaining cream through egg mixture. Fill moulds with mixture and smooth.

Scrape frozen parsnip with a fork, then spoon over parfait. Top with herbs and licorice to serve.



# on the AGENDA

Check out the latest products, events and ideas from our advertisers, from warming winter desserts and holiday hot-spots to fresh new skirts.



## *ahead of the curve*

At delicious. we're all about supporting Australian producers, and it doesn't stop at food. **Zebrano** stock some of the best Australian-designed clothing for sizes 14+. Treat yourself to a new look this winter. Visit: [zebranocom.au](http://zebranocom.au).



## *buon appetito*

There's a new range of Italian cheeses on the block – **Il Migliore's Grana Padano** is a great match shredded and mixed through pastas, or shaved over risottos. Make Nonna proud. Visit: [ilmig.com.au](http://ilmig.com.au).

## *suite dreams*

Whether you're jetting off for a European summer to escape the winter chill, or just after a relaxing weekend in the Adelaide Hills, **MGallery Hotels** are your go-to for luxury. For more information, visit: [mgallery.com.au](http://mgallery.com.au).



## *hot spot*

Can't wait to whip up Warren's grilled snapper with Cajun salt (Faster Food, p 120)? **Tefal** has the best pans for the job. Their unique Thermo-Spot means you'll always know when the heat's just right. Visit: [tefal.com.au](http://tefal.com.au).



## *choc'd and loaded*

Chilly nights call for indulgent desserts. **Green's** chocolate self-saucing puddings are just that – think light and fluffy pudding with a gooey chocolate centre. Make sure to serve them with lashings of cream. Visit: [greensbaking.com.au](http://greensbaking.com.au).



## *clean streak*

Have a penchant for onion and garlic? Fear not, **Colgate Total Pro Clean Breath** has a formula that helps neutralise bad breath. It also protects against bacteria for up to 12 hours. For more information, visit: [colgate.com.au](http://colgate.com.au).

## *blitz master*

From preparing hearty winter soups and creating the smoothest sauces to whizzing up a refreshing smoothie, the **Electrolux Masterpiece Collection Jug Blender** is the right kitchen gadget for the job. Visit: [harveynorman.com.au](http://harveynorman.com.au).



## *chefs in the city*

**Spicers Retreats** invite you to join them in celebrating the best regional produce and chefs Queensland has to offer, right in the heart of Brisbane. For dates and to book your tickets, visit: [spicersretreats.com/events](http://spicersretreats.com/events).





# The Health Star Rating. The more stars, the healthier the choice. Simple.



Choosing healthier food is getting easier with the introduction of Health Star Ratings on the front of many packaged foods.

Ranging from ½ to 5 stars, Health Stars help you make healthier choices at a glance.

The number of stars is based on energy, nutrients such as saturated fat, sugars, sodium and protein, and the fruit and vegetable content.

To find out more, visit [www.healthstarrating.gov.au](http://www.healthstarrating.gov.au)

## The Health Star Rating

A joint Australian, State and Territory governments initiative in partnership with industry, public health and consumer groups.



**The more stars,  
the healthier.**



# escape



**BACK TO SCHOOL IN BYRON BAY 132 | AUSSIE TRAVEL ESSENTIALS 138**  
**BUSH TUCKER IN THE ALICE 140 | MORNINGTON GLORY 142**



COOKING SCHOOL.



Roast chicken with lemon & tarragon butter (recipe p 137). **OPPOSITE:** 100 Mile Table owners Sarah Swan and Jeremy Burn.





# BYRON CALLING

Sarah Swan and Jeremy Burn are living a locavore's dream at Byron Bay's 100 Mile Table.

They're part of a food movement that includes the likes of fellow seachanger Three Blue Ducks chef Darren Robertson who's opened The Farm at Byron Bay.

PHOTOGRAPHY MARK ROPER FOOD STYLING DAVID MORGAN





## COOKING SCHOOL.



*“A lot of chefs are stepping back to simpler methods and age-old philosophies – recipes that have been around for a long time. We put a different slant on them using all the local produce. It’s not rocket science.”*

**N**ew Zealand is much further than 100 miles from Byron Bay in northern NSW, but it was a friendship across the Tasman that made 100 Mile Table what it is now. After working with the Rockpool group in Sydney for 15 years Sarah Swan made the move north to Byron, launched her own home-based catering business, outgrew it, then flung a text message to long-time friend Jeremy Burn across the ditch asking him to join her. “We shared common dreams and ideas, and always talked about doing something together,” says Sarah. “One day I texted him and I said it’s time you moved over, and at the beginning of 2014 Jeremy moved his entire family to Byron Bay.” They’ve never looked back.

Driven by their passion for local produce, they took the lease on a small space and created a cafe sourcing ingredients from the local area. Four farmers’ markets within 15 minutes, local butchers, bakers and growers, and fish caught right out front show that the area is more than punching above its weight. “It’s not overcomplicated,” says Sarah. “It’s simple food and beautiful local produce cooked in an honest way.”

100 Mile Table’s cooking classes focus on teaching new ways to make old classics, and are available by request, but Sarah and Jeremy want to make them more regular in the future. For now, Sarah suggests booking in as a group, “If there’s a group on holidays that’s perfect for us, they enjoy a private class, then all sit down to a beautiful long banquet lunch.” WORDS DAVID MATTHEWS

**WHERE:** Unit 4/8 Banksia Dr, Byron Bay, NSW. Visit: [100miletatable.com](http://100miletatable.com)

**OWNERS:** Dynamic duo Sarah Swan and Jeremy Burn, ex-patriot Kiwis making it in Australia.

**WHAT:** More than just a cafe, 100 Mile Table runs events, pop-ups and catering services from cocktail parties to feasts and hampers. Enquire in advance and they can set up cooking classes in their kitchen where you’ll learn to make great food from scratch using the best local produce.

**WHERE TO STAY:** Sarah recommends The Atlantic in Byron Bay or the brand new Halcyon House in Cabarita, just over half an hour up the coast from Byron. Visit: [byron-bay.com](http://byron-bay.com) for more options.

**WHERE TO VISIT:** Sarah’s first tip is to head to one of the local farmers’ markets yourself. Otherwise check out Fleet restaurant in Brunswick Heads which is one of her favourites, or wander around Mullumbimby.

**COOKING CLASSES:** Sarah and Jeremy tend to run them as requests come in. Contact: [food@100miletatable.com](mailto:food@100miletatable.com)



@100miletatable



@100MileTable



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**THIS PAGE** (clockwise from top left): fresh ricotta; whole-roasted cauliflower with macadamia crumb (recipes p 137); Sarah prepares the pork rillettes with students; Spanish cheesecakes baked in jars (recipe p 137). **OPPOSITE** (from left): wilted greens with fresh ricotta and lemon (recipe p 137); a great scene for a seachange at Wategos Beach in Byron Bay.







1



2

### STEP-BY-STEP

1. Cut the pork belly into pieces so that it fits snugly into the roasting pan. Top with cinnamon, garlic, bay and 300ml water.
2. Shred cooked pork in the roasting pan, discarding any large pieces of fat.
3. Tightly pack the shredded pork meat into sterilised jars.
4. Pour the strained braising liquid over the pork until pork is completely covered.
5. Serve the pork rillettes with toasted sourdough, cornichons and pickled vegetables.



3



4



5



## PORK RILLETTES

**SERVES 8**

*Pork rillettes will keep unopened in the fridge for up to 1 month.*

1kg skinless boneless pork belly,  
cut to fit snugly into roasting pan  
3 cinnamon quills  
6 each garlic cloves and dried bay leaves  
Toasted sourdough, cornichons and  
pickled vegetables, to serve

Preheat the oven to 150°C. Place the pork, fat-side up, in a large roasting pan, then rub fat with 1½ tbs salt. Add cinnamon, garlic, bay leaves and 300ml water. Cover pan with a double layer of foil, then roast for 4 hours or until pork is very tender. Rest pork in pan for 20 minutes to cool slightly.

Shred pork into strips, discarding large pieces of fat, then pack into three 300ml-capacity sterilised jars. Strain the braising liquid, discarding solids. Pour liquid over pork to cover. Seal jars and cool to room temperature. Chill for 3 hours or until set.

Serve pork rillettes with sourdough, cornichons and pickled vegetables.

## ROAST CHICKEN WITH LEMON & TARRAGON BUTTER

**SERVES 8**

140g unsalted butter, softened, chopped  
2 tbs tarragon leaves  
Finely grated zest and juice of 1 lemon,  
plus extra 2 lemons, halved  
2 x 1.8kg whole chickens  
Small handful of mixed herbs (such as  
thyme, rosemary, sage and tarragon)

Preheat the oven to 160°C. To make the lemon and tarragon butter, whiz butter, tarragon, lemon zest and juice, and ½ tsp salt in a food processor until combined.

Wash chickens under cold running water, then pat dry with paper towel. Divide herbs and lemon halves between chicken cavities, then season. Carefully run your hand under the skin of each chicken breast, being careful not to tear the skin. Rub the lemon and tarragon butter onto the breasts under the skin, then tie legs together with kitchen string.

Place chickens, breast-side up, in a large baking dish. Season with sea salt. Roast for 40 minutes, then increase oven to 200°C. Cook for a further 25 minutes or until golden, crisp and the juices run clear when the thickest part of the thigh is pierced with a skewer. Rest, loosely covered with foil, for 10 minutes and serve.

## WHOLE-ROASTED CAULIFLOWER WITH MACADAMIA CRUMB

**SERVES 8**

1 cauliflower, stalk trimmed  
165ml (⅔ cup) extra virgin olive oil  
½ onion, finely chopped  
6 garlic cloves, finely chopped  
1⅓ cups (200g) macadamias, chopped  
150ml dry white wine  
2 tbs chicken stock  
Chopped flat-leaf parsley leaves, to serve

Preheat oven to 180°C. Place cauliflower, stalk-end down, in a small roasting pan. Drizzle with ⅓ cup (80ml) oil and season with salt. Roast for 1¼ hours or until tender.

Meanwhile, to make macadamia crumb, heat remaining ⅓ cup (80ml) oil in a frypan over medium-low heat. Cook onion and garlic for 5 minutes or until softened. Add macadamia and a pinch of salt. Increase heat to medium and cook, stirring, for 3 minutes or until light golden. Add wine, bring to a simmer, then cook for 3 minutes or until reduced by half. Add stock, bring to the boil, then remove from heat. Season.

Serve cauliflower with the macadamia crumb and scattered with parsley leaves.

## WILTED GREENS WITH RICOTTA

**SERVES 8**

¼ cup (60ml) extra virgin olive oil  
1 tsp fennel seeds  
½ tsp dried chilli flakes  
1 small bunch each silverbeet and cavolo  
nero, stalks removed, cut into 3cm pieces  
40g unsalted butter  
Juice of 1 lemon  
½ cup (120g) fresh ricotta (recipe follows)

Heat oil in a large frypan over medium heat. Cook fennel seeds and chilli for

30 seconds or until fragrant. Add greens and cook, stirring, for 2 minutes or until starting to wilt. Cover with a lid and cook for 5 minutes or until wilted. Add butter and cook, stirring, for 2 minutes or until melted. Season and pour over lemon juice. Transfer to a bowl and crumble over ricotta.

## FRESH RICOTTA

**MAKES 2 CUPS**

*Begin this recipe 1 day ahead.*

2L (8 cups) good-quality full-cream milk  
1 cup (280g) thick Greek-style yoghurt  
2 tsp white vinegar

Combine all ingredients with 1½ tsp sea salt in a saucepan over medium-high heat. Bring to the boil, stirring constantly, then reduce heat to medium and cook for 2 minutes or until curds and whey are separated. Pour mixture into a colander lined with damp muslin or clean Chux set over a deep bowl. Set aside for 15 minutes to drain, then tie with kitchen string. Chill for 24 hours for the liquid to drain.

## SPANISH CHEESECAKES

**SERVES 8**

2 cups (500ml) pure (thin) cream  
⅔ cup (150g) caster sugar  
40g cream cheese, softened  
5 eggs  
135g ricotta  
2 tbs thick Greek-style yoghurt  
2 tbs rum

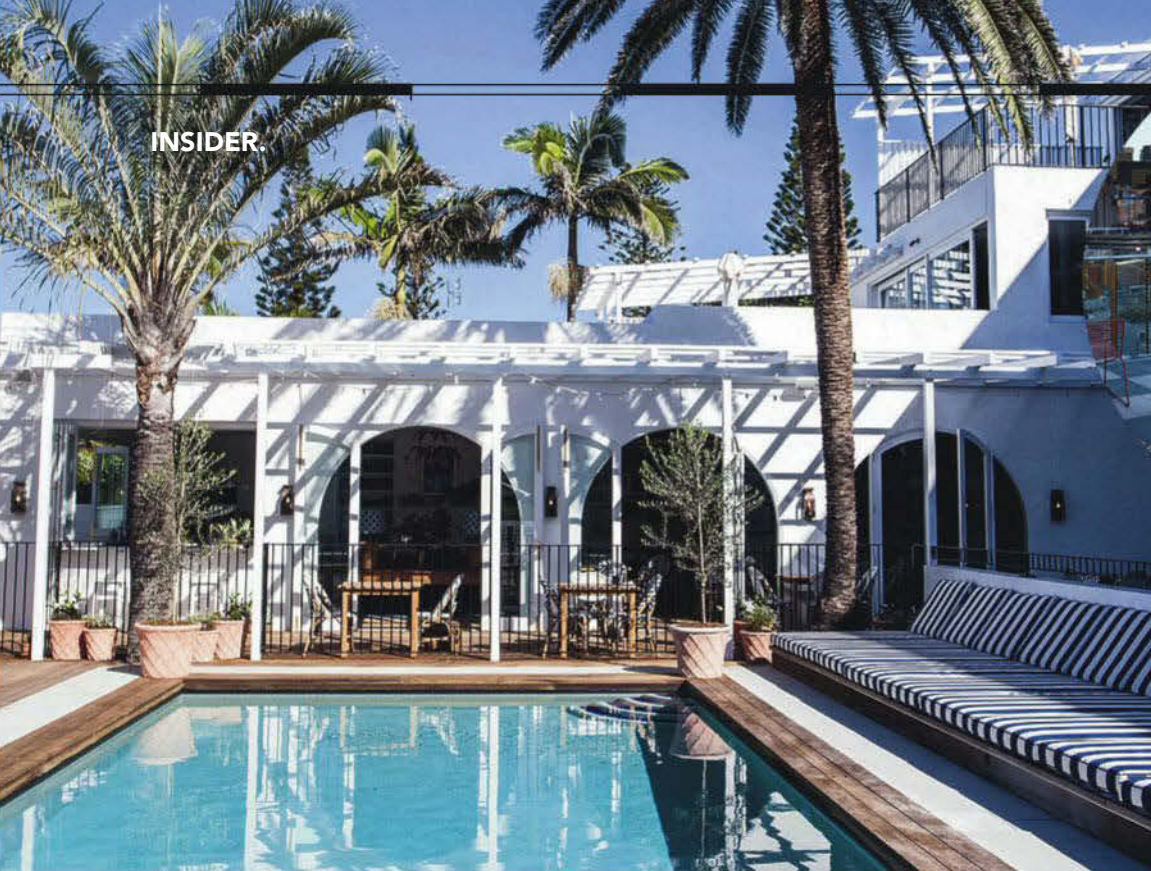
Finely grated zest of 2 lemons,  
plus the juice of 1 lemon  
Icing sugar, whipped cream and  
homemade blackberry jam, to serve

Preheat the oven to 180°C. Whiz all ingredients, except icing sugar, whipped cream and jam, in a food processor until very smooth. Divide mixture among eight 200ml-capacity jars. Place jars in a roasting pan, then fill pan with enough boiling water to come halfway up the sides of jars. Bake for 30 minutes or until golden and set but with a slight wobble.

Dust with icing sugar and serve with whipped cream and jam. ✕



INSIDER.



## CHECK IN

**1** Perth's inner-city district of Northbridge now boasts another cool small hotel to unpack your overnighter or suitcase. The 74-room **ALEX HOTEL** (above) is bang in the heart of the action. Best of all, you can get your bearings by heading upstairs to its chi-chi rooftop terrace. [alexhotel.com.au](http://alexhotel.com.au)

**2** The gorgeous refurb by award-winning Virginia Kerridge at **HALCYON HOUSE**, a former surfers' bolthole at Cabarita Beach, north of Byron Bay (left), is reason enough to have us packing our boardies. The fact that it's secured young gun Brisbane chef Ben Devlin (ex-Esquire) to man the pans at its poolside restaurant, Paper Daisy, has us booking flights. [halcyonhouse.com](http://halcyonhouse.com)

# travel NEWS

Hot destinations, cool stays, travel essentials & everything in transit.

**FOOD TRAIL** Dig deep into the world of Australian producers with *Straight to the Source*, which offers regional and city tours. [straighttothesource.com.au](http://straighttothesource.com.au)



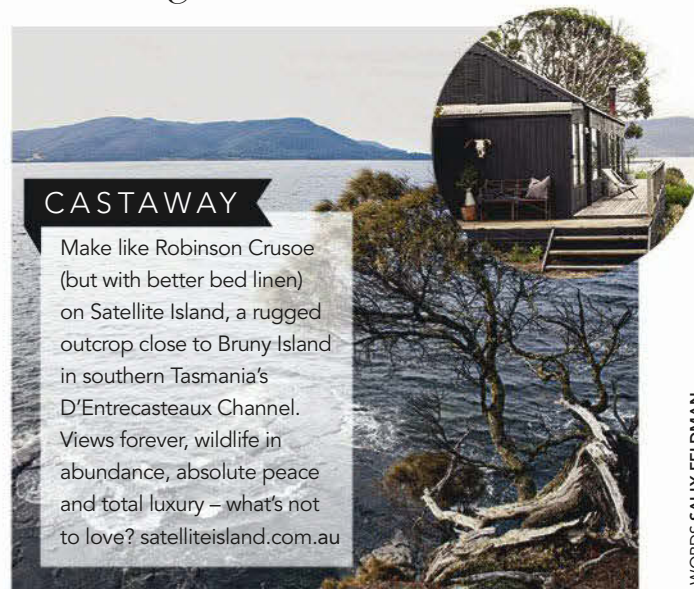
## CARRY ON

Wherever you roam in Australia, whether city or bush, there's most likely a **Whileaway Guide** to slip into your pocket. \$9.95, [whileawayguides.com.au](http://whileawayguides.com.au). Capture this wide, brown land with the classy **Olympus OM-D E-M1 Pro Kit**, then transfer or publish your images using its built-in WiFi mode. Available in black and silver. \$2399, [olympus.com.au](http://olympus.com.au).

Edited by Heidi Finnane: @runsandheids @heidifinnane

## CASTAWAY

Make like Robinson Crusoe (but with better bed linen) on Satellite Island, a rugged outcrop close to Bruny Island in southern Tasmania's D'Entrecasteaux Channel. Views forever, wildlife in abundance, absolute peace and total luxury – what's not to love? [satelliteisland.com.au](http://satelliteisland.com.au)



WORDS SALLY FELDMAN





# LAND *rover*

Heading away for a romantic weekend in the bush? Here's a few essentials to get into that *Picnic at Hanging Rock* state of mind.

PHOTOGRAPHY DIEU TAN STYLING LUCY TWEED MARKET EDITOR EMMA FREEBAIRN

1. Satara 4-person wicker picnic basket, \$165, [satara.com.au](http://satara.com.au). 2. West Elm copper measuring cups, \$29, [westelm.com.au](http://westelm.com.au). 3. Pottery Barn 'Hyannis' lantern, \$44, [potterybarn.com.au](http://potterybarn.com.au). 4. 'Victoria' parasol, \$44.95, [parasolswithlove.com.au](http://parasolswithlove.com.au). 5. Nerida Winter 'It Brit' boater in Blonde, \$150, [neridawinter.com](http://neridawinter.com). 6. Mes Demoiselles 'Divine Top' blouse, \$342, [hbfashion.com.au](http://hbfashion.com.au). 7. Pottery Barn bronze pocket clock, \$49, [potterybarn.com.au](http://potterybarn.com.au). 8. Lover 'Surrender' Tri bralette, \$99, and V bikini, \$179, [loverthelabel.com](http://loverthelabel.com). 9. Vintage cameo scarf clip, \$55, The Vintage Clothing Shop, (02) 9238 0090. 10. Somedays Lovin 'Moonlight Mile' dress, \$79.95, [somedayslovin.com](http://somedayslovin.com). 11. Binoculars in leather case c1920, \$360, [seasonalconcepts.com.au](http://seasonalconcepts.com.au). 12. Barr-Co Blood Orange Amber soap, \$17.95, [opusdesign.com.au](http://opusdesign.com.au). 13. Khaki leather monogrammed pouch, \$79.95, [thedailyedited.com](http://thedailyedited.com). 14. Thom Browne tortoiseshell and gold opticals, \$675, 1300 258 767. 15. Found Goods Market 85-hour candle, \$54.95, [opusdesign.com.au](http://opusdesign.com.au). 16. Anise Botanical Skincare travel pack, \$69.95, [aniseskin.com](http://aniseskin.com). 17. Instant Wall Art: Botanical Prints, \$29.99, [arielbooks.com.au](http://arielbooks.com.au).





# wild at HEART

Far from the familiar streets of Sydney's Newtown, food writer **Melissa Leong** heads north in search of bush food, and discovers the unexpected flavours of the desert.

**IF YOU HAPPEN** to fly into Alice Springs, look out the window. The vast burnt orange expanse seems to go on forever, marked with no more than a few small silvery green patches of scrub, the occasional dramatic ridgeline and the faint scratching of dirt tracks that fade into the edges of the frame.

I'm in town to visit chef Rayleen Brown, whose relationship with this land runs deep. Far from a trivial sprinkling of peppercorn over grilled roo, or a bush tomato chutney, her mission in life is to champion the integration of bush food into Australia's culinary conversation in a serious way. She tells me she's taking me to a desert park. My mind conjures a local patch of grass on my street in Newtown, but it turns out this botanical park houses a microcosm of desert flora and fauna. It might be a tiny bit bigger than my street, too, stretching across the plain and over the far ridge in the distance.

Soon enough I learn how to look for water-rich desert potatoes by spotting cracks in the scorched earth. I discover that tiny, lemony desert cucumbers (like lightning) never grow in the same place twice, and that bush tomatoes are really more of a complex, caramelised,

*"The vast burnt orange expanse seems to go on forever, marked with no more than a few small silvery green patches of scrub."*

peppery raisin than an actual tomato. The flavour of bush tomatoes is as rich and complex as a spice such as sumac, and Rayleen tells me the sweet, sour, salty, bitter, umami characteristics lend themselves well to Asian cooking, too.

Max Emery, bush tomato farmer at Desert Garden Produce, scientist and owner of 16 peacocks, is a study in reading a mud map (no GPS or mobile reception out here, folks). Driving further into the heart of the Northern Territory towards Alice Springs, we meet before dawn at the junction of two dirt tracks, make a campfire and cook damper, studded with jewels from his crop. He shows me how he has managed to cultivate what is normally perceived as a foraged crop, and each tiny bite of fruit is a culmination of decades of research, coupled with a knowing and respect for the desolate and wildly beautiful place he and his wife Ruth call home.

## BARRAMUNDI WITH BUSH SALT

**SERVES 4**

Store bush salt in an airtight container for up to 6 months.

2 tbs extra virgin olive oil  
4 x 170g barramundi fillets (skin on), pin-boned  
1/2 red cabbage, thinly sliced  
1 Lebanese cucumber, thinly sliced into matchsticks using a mandoline  
4 radishes, thinly sliced using a mandoline  
2 tbs toasted coconut flakes  
Juice of 1 lime  
2 tbs each fish sauce and coconut sugar  
1/2 tsp sesame oil  
1 garlic clove, crushed  
3cm piece ginger, finely grated  
Mixed micro herbs, to serve

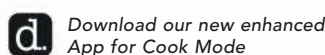
## BUSH SALT

2 tsp ground bush tomatoes  
1 tbs each wattleseed and coriander seeds  
2 tsp peppercorn  
1/4 tsp each cloves and white peppercorns  
1 each cinnamon quill and star anise  
1 tsp chilli flakes  
1/2 cup (110g) salt flakes  
2 tsp white sugar

For bush salt, toast all ingredients, except salt and sugar, in a dry frypan over medium heat for 1-2 minutes until fragrant. Transfer to a food processor with sugar and salt. Whiz to combine.

Heat olive oil in a frypan over medium-high heat. Season fish lightly with sea salt, then cook, skin-side down, for 4 minutes or until crisp and golden. Turn and cook for 2 minutes or until just cooked through. Sprinkle with bush salt.

Combine cabbage, cucumber, radish and coconut flakes in a bowl. Whisk remaining ingredients, except micro herbs, and toss with salad. Serve fish with salad and micro herbs. ✕







**CLOCKWISE (from top left):** Desert Garden Produce bush tomato farmer, Max Emery; barramundi with bush salt; the orange dirt tracks of Alice Springs; bush tomatoes.





LOCAVORE.

Harry's Mussels.  
OPPOSITE: Flinders Pier,  
Mornington Peninsula.



# LOCAVORE

## *mornington peninsula*

When **Sam Coverdale** isn't crafting elegant cool-climate chardonnay and pinot noir, the Mornington Peninsula winemaker is busy sourcing local produce and hitting the surf. Here he shares the inside track on this laidback Victorian region.

WORDS SARAH LEWIS PHOTOGRAPHY MARK ROPER







You could be forgiven for thinking it was the pristine grape-growing conditions that drew Sam Coverdale (pictured far left) to the Mornington Peninsula in 2008, but it was another natural force that lured the winemaker to the region: the unspoiled surf beaches.

"Surfing keeps me sane," Sam admits. "I've worked in wine regions across Australia and Europe, and the Peninsula offers one of the most beautiful combinations of beach, hinterland, wine and food. I can finish work and be in the water within 20 minutes, and then it's only an hour's drive to Melbourne."

Together with his wife, Emma, the young-gun winemaker established Polperro on a 25-acre property in Red Hill. The sophisticated bistro and cellar door were styled by interiors heavyweights Hecker Guthrie, and the four cossetting villas bear the mark of Emma's design nous. Each of the spaces sports rich accents of copper, creamy stone and chocolate-toned timbers.

In the handsome cellar door, guests can sample Sam's Even Keel range and premium Polperro wines, spanning elegant, textural chardonnay and savoury pinot noirs sourced from high-altitude Mornington sites.

Next door, chef Andy Doughton (left) helms the Hamptons-esque restaurant, turning out platters of buttery blinis with salmon caviar and wasabi creme fraiche, or masterstock chicken fried to a golden crunch. "It's very much regional but it's still contemporary," says Sam. "Andy has some lovely Asian influences, which I don't think he even realises, it's just so infused in his cooking style now."

Enhanced by estate wines, a meal here is a lingering affair. "Now that we have accommodation, it's been a really nice synergy with people wandering across for a long lunch and then stumbling back to their villas," says Sam. Beyond Polperro, the Peninsula's rustic-chic restaurants, world-class wineries and artisan producers await, making it the ultimate weekend retreat.

# 1 BOUNTIFUL BREAKFASTS

LOCATED IN THE HEART OF RED HILL, POLPERRO IS WITHIN EASY REACH OF RELAXED CAFES AND AWARD-WINNING WINERY RESTAURANTS. "FOR BREAKFAST, I LOVE GOING UP THE ROAD TO **CELLAR & PANTRY** (141 SHOREHAM RD, RED HILL SOUTH), THE LOCAL GENERAL STORE," SAYS SAM. "THEY DO A GREAT TRADIE'S BURGER WITH BACON AND EGGS ON TURKISH BREAD." AFTER RECHARGING WITH SMART CAFE FARE, SUCH AS THE PULLED PORK SANDWICH WITH ASIAN SLAW (RIGHT), POP TO THE DELI TO STOCK UP ON RED HILL CHEESE, MAIN RIDGE OLIVES, LIEVITO SOURDOUGH LOAVES, CHARCUTERIE, AND FRESH FRUIT AND VEG.







### 3 HOT PLATES

Another Red Hill favourite is **FOXKEYS HANGOUT** (795 White Hill Rd). "I love its chaotic, tapas-style dining," Sam says. Arrive early to nab a table in the pared-back cellar door, where winemaker/chef Tony Lee and his kitchen team work wonders with a gas burner and a chargrill pan. The blackboard menu might sport seared salmon (left) or barbecued quail. Behind the bar, Tony's brother and co-winemaker Michael pours sleek pinot gris and supple pinot noir.



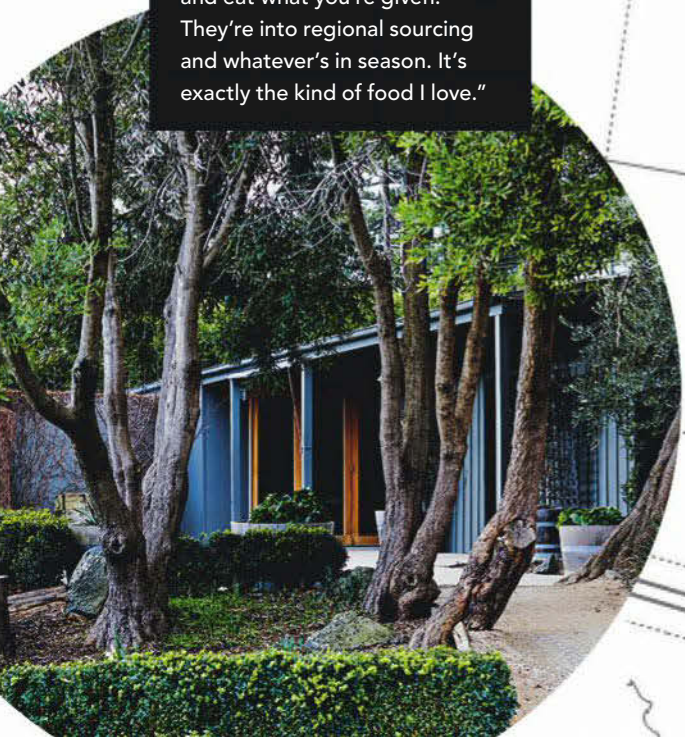
### 2 FIRST-RATE FARMGATE

For a grassroots farm-to-plate experience, pay a visit to **JOHNNY RIPE** (284 Main Creek Rd, Main Ridge), a farmgate stall, bakery and eatery. "They bake beautiful apple pies, savoury tarts, and one of the best pulled pork pasties you'll ever try," Sam says. "But they also have a fantastic cafe serving breakfast and lunch from Friday to Sunday, and set dinners on Saturday nights. There's no dinner menu, you just turn up and eat what you're given. They're into regional sourcing and whatever's in season. It's exactly the kind of food I love."



### 4 HOME-SPUN COMFORT

Warm and welcoming, **THE LONG TABLE** (159 Shoreham Rd, Red Hill South) promises cosy couches, communal tables and roaring log fires. Local apples, stone fruits, quince, rhubarb and beets pepper the staunchly seasonal menu, with plenty to please gluten-free diners. Try the semolina-dusted calamari with saffron mayo, or chermoula snapper with piperade.





LOCAVORE.

## 5 EASY DOES IT

In the laidback coastal town of Dromana, **DEE'S KITCHEN** (19 Pier St) is popular for relaxed brunches. "If we want something substantial, we head to Dee's, which has an Israeli, Middle Eastern-flare to it," says Sam. Try the smoked trout chimiraki with beetroot, peas, pickles and herbs on buckwheat and chia toast (pictured). For family-friendly dining pop to **CIAO BELLA** (2998 Frankston-Flinders Rd, Balnarring). "Ciao Bella is another great casual spot," says Sam. "They do lovely pizza and beautiful pastas, and they have a well-priced Italian wine list." **RED HILL EPICUREAN** (165 Shoreham Rd, Red Hill) also dishes out crowd-pleasing pizzas in a rustic-chic shed.





# 6

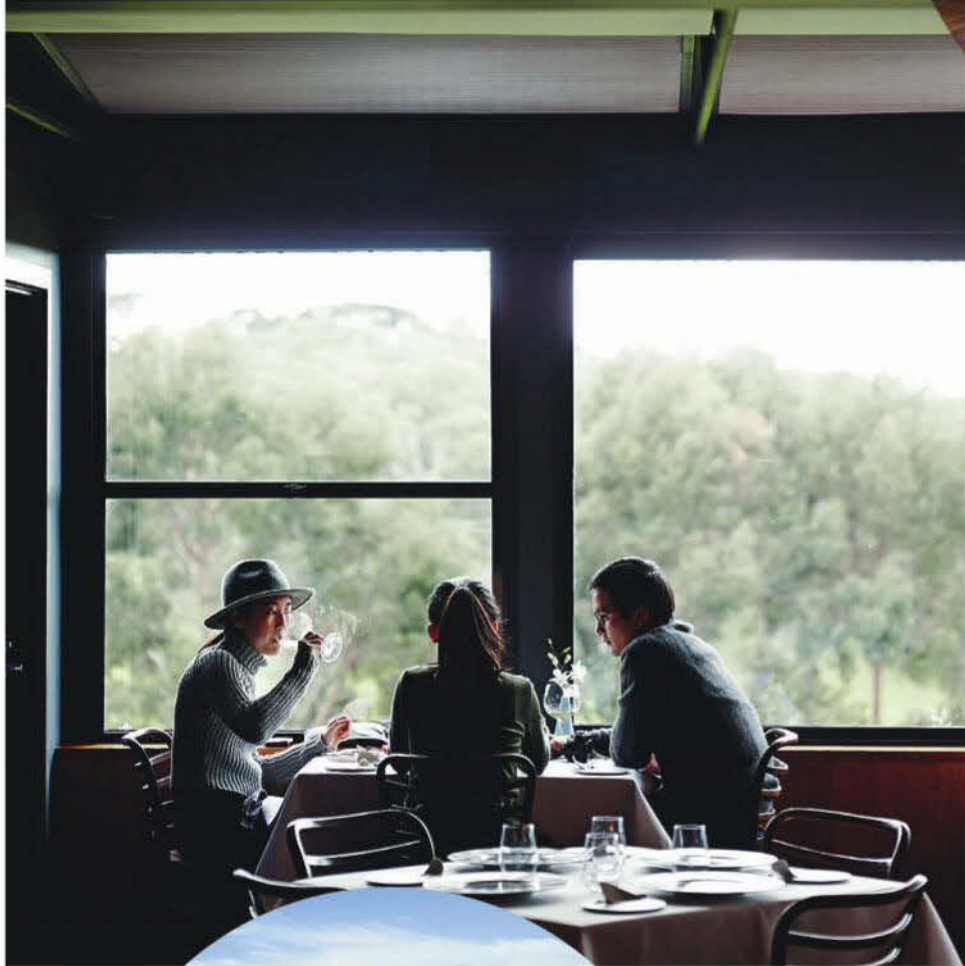
## VINE DINING

The Peninsula's cellar doors play host to a number of polished restaurants, such as two-hatted **TEN MINUTES BY TRACTOR** (below – 1333 Mornington-Flinders Rd, Main Ridge). "For fine dining done beautifully, it's hard to go past Ten Minutes by Tractor," says Sam. Chef Stuart Bell crafts precise plates of food, such as pan-seared hapuka with local mussels and romesco, or roasted pears with brioche croustillant, and creme fraiche ice cream. Work your way through the extensive wine list, showcasing Ten Minutes by Tractor vintages, other Mornington stars and heavy-hitting imports. Terre at **DROMANA ESTATE** (555 Old Moorooduc Rd, Tuerong) also gets the thumbs-up for city-smart dining.



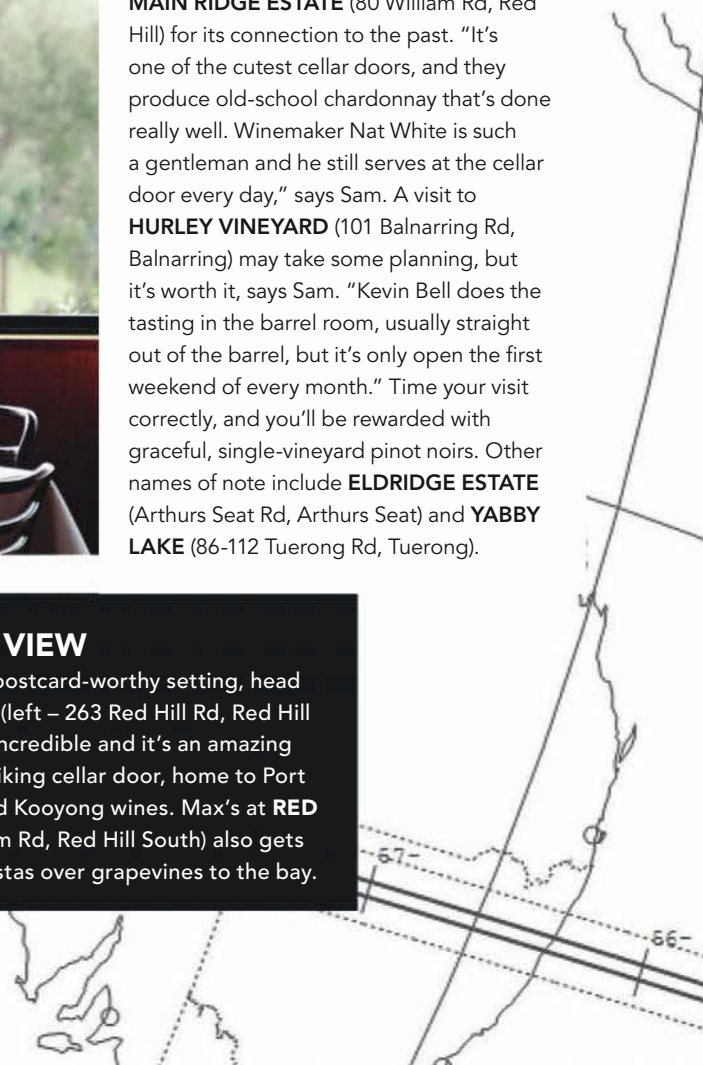
## 7 CELLAR STARS

With more than 50 cellar doors in the region, it can be tricky to narrow down your hit list. Sam steers visitors towards little-known gems, such as **OCEAN EIGHT** (271 Tucks Rd, Shoreham), where pinot gris, chardonnay and pinot noir are the stars. "I love the cellar door and the barrel room downstairs. That's great fun." Sam also tips **MAIN RIDGE ESTATE** (80 William Rd, Red Hill) for its connection to the past. "It's one of the cutest cellar doors, and they produce old-school chardonnay that's done really well. Winemaker Nat White is such a gentleman and he still serves at the cellar door every day," says Sam. A visit to **HURLEY VINEYARD** (101 Balnarring Rd, Balnarring) may take some planning, but it's worth it, says Sam. "Kevin Bell does the tasting in the barrel room, usually straight out of the barrel, but it's only open the first weekend of every month." Time your visit correctly, and you'll be rewarded with graceful, single-vineyard pinot noirs. Other names of note include **ELDRIDGE ESTATE** (Arthurs Seat Rd, Arthurs Seat) and **YABBY LAKE** (86-112 Tuerong Rd, Tuerong).



## 8 WINE WITH A VIEW

For wine tasting in a postcard-worthy setting, head to **PORT PHILLIP ESTATE** (left – 263 Red Hill Rd, Red Hill South). "The view here is incredible and it's an amazing build," says Sam of the striking cellar door, home to Port Phillip Estate, Quartier and Kooyong wines. Max's at **RED HILL ESTATE** (53 Shoreham Rd, Red Hill South) also gets Sam's nod for knockout vistas over grapevines to the bay.





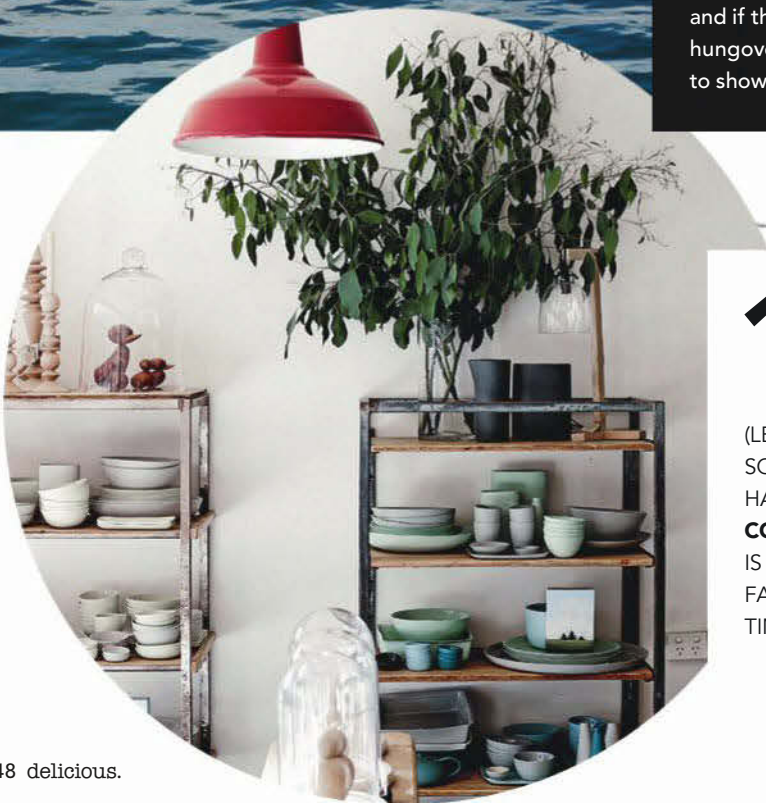
LOCAVORE.



9

## FRESH OFF THE BOAT

When the conditions are right, in-the-know locals make a beeline for **HARRY'S MUSSELS** at the Flinders Pier. "When it hasn't been raining and the mussels are fresh, Harry will take the boat out in the morning, and come back to sell the mussels straight off the boat. He's a legend down there. He puts a chalkboard sign in the main street of Flinders, saying 'Mussels from 11am 'til 4pm', and if the sign doesn't go out it means he's either too hungover or it's been raining. All of the restaurants have to show up to get their mussels off the boat," Sam reveals.



10

## HOME RUN

FOR COASTAL-CHIC HOMEWARES, EMMA CALLS INTO **RED HILL HOUSE**

(LEFT – 169 RED HILL-SHOREHAM RD, RED HILL SOUTH), PACKED WITH CERAMICS, CUTLERY, HANDMADE TOYS, JEWELLERY AND LINEN.

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## 11 MARKET SHARE

On the first Saturday of the month, from September to May, the Red Hill Community Market pops up at the **RED HILL RECREATION RESERVE** (Arthurs Seat Rd, Red Hill). "You've got your arts and craft but also fresh produce," says Sam. "And the Flying Calamari Brothers come up and do their fried calamari in cones."



## 13

### STYLISH STAYS

*When it's a full house at Polperro, Sam and Emma suggest nearby boutique options, such as peaceful B&B Hart's Farm (300 Tucks Rd, Shoreham). "On Paringa Road, four-bedroom house Orchard Keepers (above) is ideal for families," says Sam. And with a pool, pizza oven, four bedrooms and two bathrooms, Red Hill Lavender Farm & Distillery (284 Main Creek Rd, Main Ridge), is a good choice if you're travelling with a troupe. ✕*



## 12 STOCKING UP

For surf-mad Sam, one of his top shops (in two locations) is **TRIGGER BROS** (pictured – 3-7 Ross Smith Ave West, Frankston; 65 Main St, Mornington) for a custom-made surfboard. "It's an old-school surf shop and they'll knock up a board for you in a corrugated shed out the back of the building," says Sam. When it comes time to stock his home cellar, Sam calls into **FINE WINE MERCHANT** (Shop 9, 87 Mt Eliza Way, Mt Eliza), for handpicked imports and local legends.



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## AUGUST 2015

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*Thanks* Our meat is supplied by Vic's Meats (vicsmeats.com.au). We use Global knives, Scanpan

cookware and utensils and Cuisinart appliances from Sheldon & Hammond (for stockists, tel: 1800 209 999).

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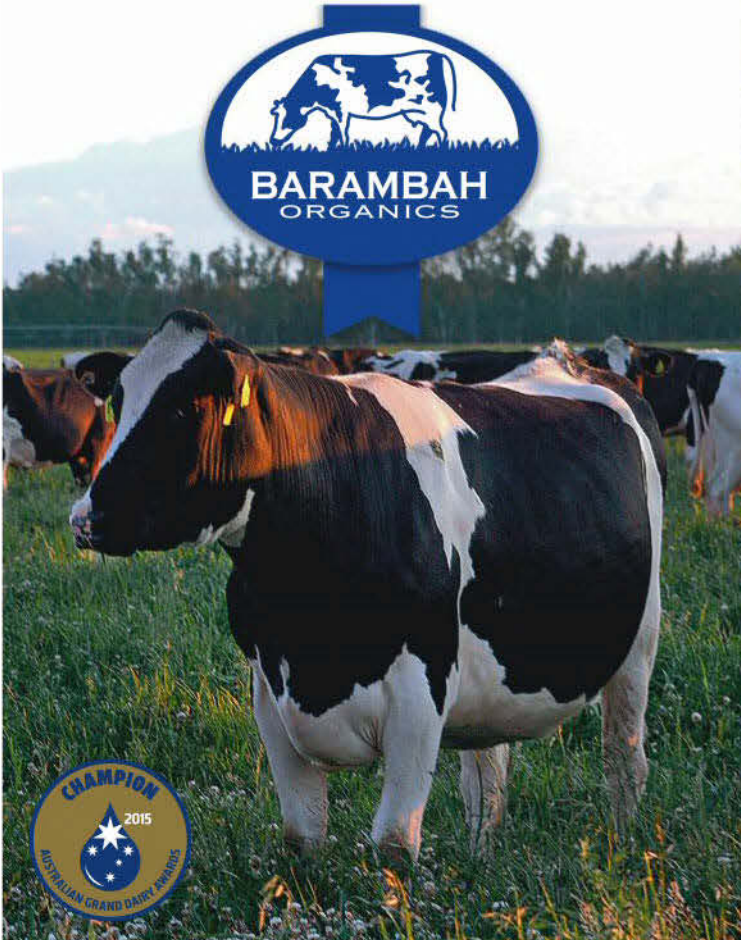
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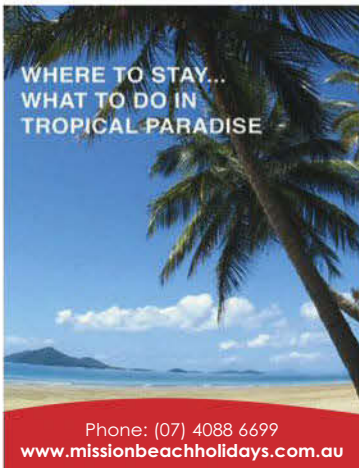
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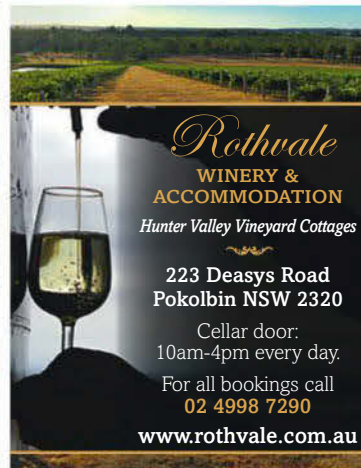
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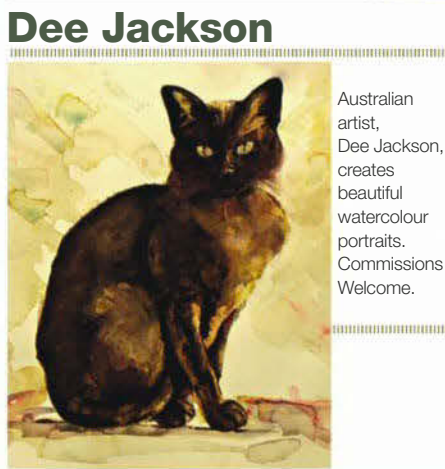
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## BAR STOOL MAINSTAYS?

My ultimate cocktail is the Negroni. I do love **THE LUI BAR** at Vue de Monde (left) at the Rialto in Collins Street, watching the sun set over Melbourne. The local I couldn't live without is a wine bar in Port Melbourne called **HARRY & FRANKIE**. It's a great place to perch at the bar, or for a casual dinner.



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